Hang Me Up for Future Reference

1889 1943

Rawleigh's

TRADE MARK REG. U.S. PAT. OFF.

GOOD HEALTH GUIDE

Almanac Cook Book

—PUBLISHED BY—

THE W. T. RAWLEIGH COMPANY

FREEPORT MEMPHIS RICHMOND CHESTER ALBANY MINNEAPOLIS DENVER
OAKLAND MONTREAL WINNIPEG MELBOURNE WELLINGTON

It's Better to Have Them and Not Need Them Than to Need Them and Not Have Them

It Pays to Buy of the Rawleigh Man **On His Guarantee of Satisfaction or No Sale**

Medicines

THAT PROTECT YOUR HEALTH

and your pocket book

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PRESIDENT'S MESSAGE *and greetings to old and new friends*

FIFTY-FOUR years ago, when we started business, most folks were poor but honest and happy. Everyone worked full time for small pay. Except railroads and big city banks, there were no large corporations, no trusts, no radios, no telephones, no automobiles, no airplanes, no tanks, bombers or machine guns to destroy our lives and property.

Since then there have been many years of peace and war, prosperity, panics and depressions. But never before in our generation has all the world been at war. For the world-wide Rawleigh Industries in the United States, Canada, Australia and New Zealand this cruel war brings more problems than ever before.

Now our boys in the Army, Navy and Air Forces are fighting to win the most cruel and destructive war in the history of civilization. Many of our employees and dealers are now fighting to protect our lives and property, freedom and rights to sail unmolested on the Seven Seas and to defend international trade, industry and commerce.

We thank you for your good will, loyalty and patronage. We assure you of our determination to continue to faithfully serve our many millions of friends. We highly value your friendship and good will and during the new year we shall endeavor to merit your continued patronage.

Anticipating these wars, for years we have been heavy buyers of raw materials, such as Camphor, Menthol, Pyrethrum Flowers which come from China and Japan; Spices from the Dutch East Indies and from Europe, Asia and many of the islands in the Atlantic, Pacific and other oceans. We still have fair stocks of most important materials, but never before have we had so many difficult problems to obtain these materials of foreign origin.

Many war restrictions now make it more difficult for our dealers to make free deliveries to your home, but this saves you time, tires and gas. Besides they bring you the best of everything in our lines at prices about the same as they have been for many years.

The four necessities of life are food, clothing, shelter and medicines. Our Medicines, Food Products, Insecticides, Antiseptics and Disinfectants are held essential to health. It is our patriotic duty to maintain the lowest cost of production, our supreme standards of quality and values, to help dealers serve you faithfully and relieve suffering and sickness and improve health of your family, livestock and poultry.

Our most priceless assets are your confidence, good will, loyalty and continuous patronage. Your encouragement strengthens our faith and determination to use all our capital—our facilities—and stocks of materials—to continue to serve you faithfully to the best of our ability in the future as we have tried to serve you in the past.

Our Civil War freed the slaves but united the North and South in bonds of brotherly love, tolerance and patriotism. Never since then has this Union of friendship and strength been needed more than now. Together for victory we must continue. With determination to cooperate with our Allies, we must all do our utmost for final Victory over the enemies of Freedom. Slavery everywhere must end. We must keep up the good fight until we win decisive victory on all fronts.

May God bless and protect you all during the most critical time since our Declaration of Independence in 1776.

W. J. Rawleigh

PRESIDENT & FOUNDER

1889 ★ ★ ★ 54 Years of Service ★ ★ ★ 1943

SOME IMPORTANT FACTS ABOUT HOW YOU CAN SAVE *Time, Tires, Gas and Get the Most and Best for Your Money*

WITH free deliveries to your home you not only save your time, tires and gas, but you protect your health and pocketbook when you buy your medicines and other necessities for your family and farm from your Rawleigh Dealer, who gives reliable service, good values and guarantees everything to give satisfaction or no sale.

For over half a century it has been the policy of the Rawleigh Industries to study the needs of the farmers and workers. These studies include medical, chemical, dietetical and engineering science and years of practical experience. All have combined to make each Rawleigh Product of supreme quality and the best of its kind for everything for which it is recommended.

Raw Materials and Processes

Thorough investigations, tests and diligent efforts are made to (1) secure best materials at lowest costs, (2) provide equipment for efficient processes of manufacture, (3) train employees for each operation and (4) keep all ingredients and stages of manufacture under laboratory control. Large values then come from quantity production.

Because they are made right, Rawleigh Products can be relied on for service and satisfaction. Making everything from raw materials, knowing what goes into each product, scientific control of processes and tests results in high uniform standard of quality and practical usefulness to you.

Among the many reasons why you can get the best values from your Rawleigh Dealer are: (1) He buys direct from the factory at wholesale prices; (2) His expenses are small because he has no store rent, clerks or other heavy overhead expenses to pay; (3) His terms are liberal and (4), best of all, he makes free deliveries to your home.

To prove the usefulness, value and reliability of his Products it has always been customary for Rawleigh Dealers to offer free trials and trip to trip credit, to guarantee satisfaction or no sale.

Under Rawleigh's sales methods you can test the Products, prove their value and usefulness, get free trials of any medicine you have not used before and pay for the Products that are needed, used and found satisfactory each trip when your Dealer calls. You will find it not only the best way but you can save and get satisfaction from everything you keep or buy and save time and unnecessary expense of driving to your stores for supplies.

Laboratories at Rawleigh's Freeport Factories. Here materials as well as finished products are rigidly tested to be sure they have the high quality required for all Rawleigh Products. This gives thorough scientific laboratory control and protects our high standard of quality.

Free Trials— Satisfaction or No Sale

To buy with a satisfaction or no sale agreement is the best way to determine the value and usefulness of everything. All Rawleigh Dealers also offer free trials of all medicines that you have not used before. They ask you to make this test and offer to accept return of any Product that is not needed, used or found satisfactory.

OUR year 1943, Gregorian Calendar, corresponds to the year 6656 of the Julian period. January 14 of our calendar is January 1 and the 2,430,739 day of the Julian Calendar.

Jewish year 5704 begins at sunset Sept. 29, 1943.

Mohammedan year 1362 begins at sunset Jan. 7, 1943.

Byzantine year 7452 begins Sept. 14, 1943.

TIMES OF *The Seasons*

(Eastern Standard Time)

Season	Begins	Time	Season Lasts Days	Hours	Min.
Winter	Dec. 22, 1942	6:40 A. M.	89	0	23
Spring	Mar. 21, 1943	7:03 A. M.	92	19	13
Summer	June 22, 1943	2:13 A. M.	93	14	59
Autumn	Sept. 23, 1943	5:12 P. M.	89	19	18
Winter	Dec. 22, 1943	12:30 P. M.			
	Approximate Year's Length		365	5	53

Earth Nearest Sun, Jan. 2, 12:00 A. M.

Earth Farthest from Sun, July 4, 5:00 A. M.

Chronological Cycles

Dominical Letter	C	Solar Cycle	20
Epact	24	Roman Indiction	11
Lunar Cycle	6	Julian Period	6656

Explanation of Chronological Cycles

Lunar Cycle is a period of 19 years after which the moon's phases occur on the same day of the year as they did 19 years before.

Golden Number is the current year's place in the Lunar Cycle or Metonic Cycle, a cycle of 19 years or 235 lunar months.

Epact denotes the moon's age on January 1.

Solar Cycle is a period of 28 years during which days of the week occur on days of the month as they did in the former cycle.

Roman Indiction is a cycle of 15 years of which the year "1" of the first cycle was the year 313 A. D.

Julian Period is a period of 7980 Julian years. The first year of the Julian period was 4713 B. C. which was the year "1" in Solar Cycle, Lunar Cycle and Roman Indiction.

Four Eclipses in 1943

There will be four eclipses, 2 of the sun and two of the moon in 1943.

I. **Total eclipse of sun, Feb.** 4-5 visible at sunset from west coast of North America to east coast of Asia at sunrise. Path of total eclipse reaches from Alaska to north part of Japan.

II. **Partial eclipse of moon, Feb. 19-20** visible generally in Europe, Africa, Atlantic Ocean, North and South America. Begins at 9:43 E. S. T. Middle of eclipse at 12:38 A. M. and ends at 3:32 A. M.

III. **Annular eclipse of sun Aug. 1** visible over Indian Ocean, Australia and New Zealand. Central eclipse begins at 3:05 A. M. and ends at 5:26 A. M. Greenwich Time.

IV. **Partial eclipse of moon, Aug. 15,** beginning visible in Western Pacific Ocean, Asia and Australia and ending in Asia, Europe and Africa. Middle of eclipse at 7:28 P. M. Greenwich Time.

Planetary Occultations

The moon passes between the earth and various stars and occults or hides them. Thus the moon's place in the zodiacal constellations is reckoned. Occultations of planets in 1943 will occur as follows, E. S. T.:

Mars	Apr. 29	11:33 A. M.
Venus	July 6	11:04 A. M.
Jupiter	Aug. 28	3:34 P. M.
Jupiter	Sept. 25	9:23 A. M.
Jupiter	Oct. 23	2:01 A. M.
Jupiter	Nov. 19	4:03 P. M.
Jupiter	Dec. 17	1:44 A. M.

1943 *Anniversaries* FESTIVALS HOLIDAYS

Jan. 1	New Year's	June 3	Ascension Day
Jan. 6	Epiphany	June 13	Whit Sunday
Feb. 2	Candlemas	July 1	Corpus Christi
Feb. 12	Lincoln's Birthday	July 4	Independence Day
Feb. 22	Washington's Birthday	Sept. 6	Labor Day
Mar. 7	Shrove Sunday	Sept. 30	Jew New Year
Mar. 10	Ash Wednesday	Oct. 12	Columbus Day
Apr. 18	Palm Sunday	Oct. 31	Hallowe'en
Apr. 23	Good Friday	Nov. 11	Armistice Day
Apr. 25	Easter	Nov. 25	Thanksgiving
May 30	Memorial Day	Nov. 28	Advent Sunday
		Dec. 25	Christmas

Tradition centuries old gives these signs as favorable or unfavorable for planting, etc.

Rawleigh's Zodiacal PLANTING CHART

[DATES ON WHICH MOON IS IN SIGN]

(Find the favorable sign at top of column, then dates moon is in each sign during month is given in column under sign.)

	AQUARIUS ♒ The Water Bearer	PISCES ♓ The Fish	ARIES ♈ The Ram	TAURUS ♉ The Bull	GEMINI ♊ The Twins	CANCER ♋ The Crab	LEO ♌ The Lion	VIRGO ♍ The Virgin	LIBRA ♎ The Balance	SCORPIO ♏ The Scorpion	SAGITTARIUS ♐ The Archer	CAPRICORNUS ♑ The Goat	
	LEGS	FEET	HEAD	NECK	ARMS	BREAST	HEART	BOWELS	KIDNEYS	SECRETS	THIGHS	KNEES	
	Do not plant in this sign. Wean or castrate animals. Best for harvesting.	Plant root crops. Wean or castrate animals. Assists crops to stand drouth.	Seeds produce vines and stalks if planted in this sign, little grain or root crop.	Plant quick-growing root crops. Do not gather fruit.	Plant for yield above ground. Stir soil to kill weeds.	Plants germinate quickly in this sign. Do not gather fruit.	Unfavorable to plant or transplant. Destroy weeds. Do not prune. Harvest.	Do not seed or transplant. Fine for flowers. A barren sign.	Plant root crops. Fair for grain. Next best after cancer for planting.	Plant corn to escape drouth. A fruitful sign.	Do not seed or transplant except root crops. Harvest.	Rapid growth—no seeds. Plant lettuce or leaf crops. Wean or castrate animals.	
JAN.	10	11-12-13	14-15	16-17-18	19-20	21-22	23-24-25	26-27-28	1-2-3-29-30	4-5-31	6-7	8-9	JAN.
FEB.	6-7	8-9	10-11	12-13-14	15-16	17-18-19	20-21	22-23-24	25-26	1-27-28	2-3	4-5	FEB.
MAR.	6-7	8-9	10-11	12-13	14-15	16-17-18	19-20-21	22-23-24	25-26	27-28	1-2-29-30	3-4-5-31	MAR.
APR.	2-3-29-30	4	5-6	7-8-9	10-11-12	13-14	15-16-17	18-19	20-21-22	23-24	25-26	1-27-28	APR.
MAY	26-27	1-2-3-28-29	4-5-30-31	6-7	8-9	10-11	12-13-14	15-16-17	18-19	20-21	22-23	24-25	MAY
JUN.	22-23	24-25-26	27-28	1-2-3-29-30	4-5-6	7-8	9-10-11	12-13-14	15-16	17-18	19	20-21	JUN.
JUL.	20-21	22-23	24-25	26-27-28	1-2-3-29-30-31	4-5	6-7-8	9-10-11	12-13	14-15	16-17	18-19	JUL.
AUG.	16-17	18-19	20-21	22-23-24	25-26	1-2-27-28-29	3-4-30-31	5-6-7	8-9-10	11	12-13	14-15	AUG.
SEP.	13-14	15-16	17-18	19-20-21	22-23	24-25	1-26-27-28	2-3-4-29-30	5-6	7	8-9-10	11-12	SEP.
OCT.	10-11	12-13	14-15	16-17-18	19-20	21-22	23-24-25	1-26-27-28	2-3-29-30	4-5-31	6-7	8-9	OCT.
NOV.	6-7	8-9	10-11	12-13-14	15-16	17-18	19-20-21	22-23-24	25-26	1-27-28	2-3-29-30	4-5	NOV.
DEC.	4-5-31	6-7	8-9	10-11-12	13-14	15-16	17-18	19-20-21-22	23-24	25-26	1-27-28	2-3-29-30	DEC.

$3⅓ Billion A Year FOR ACCIDENTS AND INJURIES *At Home and Work*

SO FREQUENT are accidents and injuries in home, office and factory, that to care for them and for the infections and congestions which follow costs the incredible total of about $3,333,000,000 a year!

The most common injuries are cut fingers, slivers, foreign bodies in the eye, sprains and bruises from falls, burns, blisters, etc. The remedies experienced mothers and fathers have found most effective for these emergencies are the same used by trained nurses and the medical professions—soothing ointments and salves, heat, moisture or counter-irritant liniments.

Especially for injuries, congestions, aches and local pains, the usefulness of Rawleigh's Pain Medicines and Reliable Salves and Ointments has been proven for three generations. No doubt in your own family you have learned through experience how useful they are—how they lessen suffering—how you can rely on them for quick relief.

Old, Reliable, Satisfactory

Always the same for half a century, Rawleigh's Liniment has been our most useful pain medicine for external and internal use. You can rely on it when sprains, bruises, congestions or muscular stiffness cause suffering, or fresh colds, chills, flatulent colic or stomach cramps cause distress that calls for a warming stimulant.

For animals it is also useful in bloat, gas colic, colds, wounds, fresh swellings or lameness due to bruises or sprains.

For human aches and pains, Anti-Pain Oil is easily taken as a warming pain reliever for flatulent colic, chilling or aching of colds. It stimulates increased circulation in local congestions. Its prompt, soothing relief to sprains, bruises, rheumatic and neuralgic aches and pains, effects of exposure to cold or dampness makes it popular. A concentrated medicine, only 20 drops makes an adult dose.

For Many Frequent Uses

Splendid relief and satisfaction for skin abrasions, burns, chaps, fever sores, chafing, blisters, sunburn, nasal congestions due to colds and many personal uses have made Medicated Ointment the most used Rawleigh Product. Contains menthol, camphor and eucalyptol in a refined base. Every family should have its protection and soothing relief.

A big box of Rawleigh's Antiseptic Salve is a large value for house or barn. Often needed for burns and skin injuries, irritations and superficial wounds. Splendid on animals for wounds, chapped udders, wire cuts and harness chafing.

Applying it to nostrils, rubbing it into throat and chest and inhaling its vapors, Rawleigh's Vapor Balm **gives direct relief to congestion and irritation in colds.** Also useful in chaps, cold sores, rough skin and local muscular congestion and pain due to exposure.

Mustard Ointment is more convenient, more satisfactory than mustard plaster and especially useful for congestion and pain in chest or croupy colds, lumbago, sprains, bruises, muscular, neuralgic and rheumatic pains and aching due to exposure or over-exertion.

So often needed for many purposes you should always keep these reliable medicines on hand.

January

DAY OF MONTH	DAY OF WEEK	Light and Dark of Moon	MOON'S PLACE	LATITUDE OF 45° (LEVEL MINNEAPOLIS) Sun Rises	Sun Sets	Moon Rises or Sets*	LATITUDE OF 30° (APPROXIMATE LEVEL NEW ORLEANS) Sun Rises	Sun Sets	Moon Rises or Sets*
1	Fri.		♑	7 38	4 28	1 41	6 56	5 11	1 29
2	Sat.		♑	7 38	4 29	2 52	6 56	5 11	2 31
3	S.		♑	7 38	4 30	4 03	6 56	5 12	3 35
4	M.		♏	7 38	4 31	5 16	6 56	5 12	4 42
5	Tu.		♏	7 38	4 32	6 25	6 56	5 13	sets
6	W.		♐	7 38	4 33	sets	6 57	5 14	5 46
7	Th.		♐	7 38	4 34	6 22	6 57	5 14	6 54
8	Fri.		♑	7 37	4 35	7 36	6 57	5 15	8 01
9	Sat.		♑	7 37	4 36	8 50	6 57	5 16	9 07
10	S.		♒	7 37	4 37	10 00	6 57	5 17	10 09
11	M.		♓	7 37	4 39	11 09	6 57	5 18	11 10
12	Tu.		♓	7 37	4 40	.....	6 57	5 19	.....
13	W.		♓	7 36	4 41	12 15	6 57	5 20	12 07
14	Th.		♈	7 36	4 42	1 19	6 57	5 21	1 04
15	Fri.		♈	7 36	4 43	2 20	6 57	5 22	1 59
16	Sat.		♉	7 35	4 45	3 20	6 57	5 23	2 52
17	S.		♉	7 35	4 46	4 17	6 57	5 23	3 45
18	M.		♉	7 34	4 47	5 11	6 57	5 24	4 35
19	Tu.		♊	7 33	4 48	6 01	6 56	5 25	5 25
20	W.		♊	7 32	4 49	6 47	6 56	5 26	6 11
21	Th.		♋	7 32	4 51	7 28	6 56	5 27	rises
22	Fri.		♋	7 31	4 52	rises	6 56	5 27	6 46
23	Sat.		♌	7 30	4 54	7 19	6 55	5 28	7 39
24	S.		♌	7 30	4 55	8 20	6 55	5 29	8 34
25	M.		♌	7 29	4 57	9 22	6 55	5 30	9 28
26	Tu.		♍	7 28	4 58	10 25	6 54	5 31	10 24
27	W.		♍	7 27	5 00	11 29	6 54	5 32	11 20
28	Th.		♍	7 26	5 01	.....	6 54	5 33	.....
29	Fri.		♎	7 25	5 02	12 36	6 53	5 34	12 19
30	Sat.		♎	7 23	5 04	1 44	6 53	5 35	1 20
31	S.		♏	7 22	5 05	2 53	6 52	5 36	2 23

New Moon 6th, 7:37 AM
First Quar. 13th, 2:48 AM
Full Moon 21st, 5:48 AM
Last Quar. 29th, 3:13 AM

February

DAY OF MONTH	DAY OF WEEK	Light and Dark of Moon	MOON'S PLACE	LATITUDE OF 45° (LEVEL MINNEAPOLIS) Sun Rises	Sun Sets	Moon Rises or Sets*	LATITUDE OF 30° (APPROXIMATE LEVEL NEW ORLEANS) Sun Rises	Sun Sets	Moon Rises or Sets*
1	M.		♏	7 21	5 07	4 02	6 52	5 37	3 27
2	Tu.		♐	7 20	5 08	5 07	6 51	5 38	4 29
3	W.		♐	7 19	5 10	6 06	6 50	5 39	5 31
4	Th.		♑	7 18	5 11	sets	6 50	5 40	sets
5	Fri.		♑	7 17	5 12	6 22	6 49	5 40	6 44
6	Sat.		♒	7 16	5 13	7 36	6 48	5 41	7 50
7	S.		♒	7 15	5 15	8 49	6 48	5 42	8 53
8	M.		♓	7 13	5 16	9 58	6 47	5 42	9 54
9	Tu.		♓	7 12	5 18	11 04	6 46	5 43	10 53
10	W.		♈	7 10	5 19	.....	6 45	5 44	11 50
11	Th.		♈	7 09	5 20	12 09	6 44	5 45	.....
12	Fri.		♉	7 07	5 22	1 11	6 44	5 45	12 45
13	Sat.		♉	7 06	5 23	2 09	6 43	5 46	1 38
14	S.		♉	7 04	5 25	3 04	6 42	5 47	2 30
15	M.		♊	7 03	5 26	3 56	6 41	5 48	3 20
16	Tu.		♊	7 01	5 27	4 44	6 40	5 49	4 08
17	W.		♋	6 59	5 29	5 26	6 39	5 50	4 53
18	Th.		♋	6 58	5 31	6 05	6 38	5 50	5 35
19	Fri.		♋	6 56	5 33	rises	6 37	5 51	rises
20	Sat.		♌	6 55	5 34	6 12	6 36	5 52	6 29
21	S.		♌	6 53	5 35	7 15	6 36	5 53	7 24
22	M.		♍	6 51	5 37	8 18	6 35	5 54	8 19
23	Tu.		♍	6 50	5 38	9 22	6 34	5 54	9 15
24	W.		♍	6 48	5 39	10 28	6 33	5 55	10 13
25	Th.		♎	6 47	5 40	11 35	6 32	5 56	11 12
26	Fri.		♎	6 45	5 41	.....	6 31	5 56	.....
27	Sat.		♏	6 43	5 43	12 42	6 30	5 57	12 13
28	S.		♏	6 41	5 45	1 48	6 29	5 58	1 14

New Moon 4th, 6:29 PM
First Quar. 11th, 7:40 PM
Full Moon 20th, 12:45 AM
Last Quar. 27th, 1:22 PM

*For Longitude of 90° (St. Louis, Memphis and New Orleans). (Figures in Black face indicate P. M.)

Health Affected By Weather

Even the ancients were aware of the effects of weather and climate on human health. In the 5th century, B. C., Hippocrates, the father of Medicine, wrote:

"Whoever wishes to pursue properly the science of medicine must proceed thus: First, he should consider effects each season can produce, for the seasons are not all alike, but differ widely both in themselves and at their changes, for with the seasons, men's diseases, like their digestive organs, suffer changes."

Modern medical records show that individual constitutions change with the seasons, and these changes affect both psychological and physiological processes of the body. Rheumatic people are especially sensitive to lowering barometer and coming changes of weather. Heat and sultriness are depressing to physical energy of many people. So-called spring fever is another illustration.

Effects of weather can be largely offset by proper diet and by keeping the body in vigorous health. To resist effects of weather and seasonal changes, Tonics, Laxatives, Vitamins, are especially helpful for this purpose.

It is said that basic chemical alterations of the body are caused by meteorological disturbances. **Colds are started** by extreme changes of temperature or humidity, especially when physical resistance is low. **Such changes are frequent** in the fall, winter and spring. **They are the major cause** of the millions of cases of coughs and colds during these seasons. Because of this, it is **especially important** that physical resistance should be strengthened and built up by liberal use of Vitamins.

FOR GOOD HEALTH *and energy*

These Good Medicines Are Helpful

EVERYONE wants good health, energy and happiness, with the steady nerves, good appetite and digestion, and the all-round regularity that comes with healthful functioning of your entire system.

If you feel fagged out, tired and restless; if you have lost your appetite and your habits have become irregular; if your blood is thin or impoverished and your system run-down—then no wonder you feel dull, weak, half-sick and not your natural self.

5 GOOD HEALTH BUILDERS 5

Early use of one of the following builders is recommended when needed to bring better appetite and digestion, freer bowel movement, and the stimulation of health that follows proper functioning of the system.

(1) Ru-Mex-Ol

Nearly 50 years ago (1895) Rawleigh's Ru-Mex-Ol was originated as a vegetable tonic. Since then many hundreds of thousands of people have been benefited and have recommended this good medicine to their friends. It contains:

4 Tonics and Appetizers (gentian, poke, dandelion and yellow dock roots).

2 Alteratives (sarsaparilla root, potassium iodide).

3 Laxatives (mandrake, rhubarb, cascarin).

3 Anti-Rheumatics (potassium iodide, salicylic acid, sodium benzoate).

These ingredients are among the best of those recognized for medicinal usefulness for the purposes for which they are used. All are laboratory-tested and compounded by trained pharmacists.

You can rely on this compound for combined stomachic, alterative, laxative and diuretic effects. It is one of our oldest, most satisfactory medicines.

(2) Tonic Compound

This splendid medicine contains:

Barley malt extract, a highly nutritious, easily assimilated food and an aid in digestion of starches.

Hypophosphites of iron, calcium, quinine, manganese and potassium.

Sodium citrate, a mild laxative, diuretic and alkalizer.

Nux Vomica for stimulating appetite, digestion, circulation and nerve and respiratory systems.

Port Wine for palatable, appetizing, stimulating effects. This compound is an appetizer and tonic of the type usually called a builder.

In big 12-oz. bottles, Ru-Mex-Ol and Tonic Compound are extra big values.

(3) Nux and Iron Tablets

Combining iron and manganese for anemic conditions with 3 bitter tonics and appetizers, 5 laxatives and 2 of the best tonics and stimulants, Rawleigh's Nux and Iron Tablets is a medicine of great usefulness. 190 tablets—many doses—at very low cost.

(4) Diuretic Tablets

To help the kidneys increase elimination of body wastes from the blood, Rawleigh's Diuretic Tablets have great value to those who need a urinary stimulant.

(5) Yeast & Iron Tablets

Rich in iron and B Vitamins for improving appetite, digestion, elimination and for nerve and energy building, Rawleigh's Yeast and Iron Tablets are one of our newest, most useful and popular medicines.

March

DAY OF MONTH	DAY OF WEEK	Light and Dark of Moon	MOON'S PLACE	LATITUDE OF 45° (LEVEL MINNEAPOLIS) Sun Rises	Sun Sets	Moon Rises or Sets*	LATITUDE OF 30° (APPROXIMATE LEVEL NEW ORLEANS) Sun Rises	Sun Sets	Moon Rises or Sets*
1	M.		♐	6 40	5 46	2 52	6 27	5 58	2 16
2	Tu.		♐	6 38	5 47	3 52	6 26	5 59	3 16
3	W.		♑	6 37	5 48	4 45	6 25	6 00	4 12
4	Th.		♑	6 35	5 50	5 33	6 24	6 01	5 04
5	Fri.		♑	6 33	5 51	sets	6 23	6 01	sets
6	Sat.		♒	6 31	5 53	6 23	6 22	6 02	6 32
7	S.		♒	6 30	5 54	7 35	6 21	6 03	7 35
8	M.		♓	6 28	5 56	8 44	6 20	6 04	8 36
9	Tu.		♓	6 26	5 57	9 51	6 19	6 04	9 36
10	W.		♈	6 24	5 58	10 56	6 17	6 05	10 33
11	Th.		♈	6 22	6 00	11 58	6 16	6 05	11 29
12	Fri.		♉	6 20	6 01	.....	6 15	6 06	.....
13	Sat.		♉	6 18	6 02	12 56	6 14	6 07	12 21
14	S.		♊	6 16	6 04	1 50	6 13	6 07	1 14
15	M.		♊	6 14	6 05	2 39	6 11	6 08	2 03
16	Tu.		♋	6 12	6 06	3 23	6 10	6 09	2 49
17	W.		♋	6 11	6 07	4 05	6 09	6 09	3 31
18	Th.		♋	6 09	6 08	4 39	6 08	6 10	4 12
19	Fri.		♌	6 07	6 10	5 12	6 06	6 10	4 50
20	Sat.		♌	6 05	6 11	rises	6 05	6 11	rises
21	S.		♌	6 03	6 13	6 08	6 04	6 12	6 11
22	M.		♍	6 02	6 14	7 12	6 03	6 12	7 08
23	Tu.		♍	6 00	6 16	8 19	6 02	6 13	8 07
24	W.		♍	5 58	6 17	9 27	6 00	6 14	9 07
25	Th.		♎	5 56	6 18	10 34	5 59	6 14	10 08
26	Fri.		♎	5 54	6 19	11 42	5 58	6 15	11 09
27	Sat.		♏	5 52	6 20	.....	5 57	6 15	.....
28	S.		♏	5 50	6 21	12 46	5 56	6 16	12 10
29	M.		♐	5 48	6 23	1 46	5 55	6 17	1 09
30	Tu.		♐	5 46	6 24	2 40	5 53	6 17	2 05
31	W.		♑	5 44	6 25	3 28	5 52	6 18	3 07

New Moon 6th, 5:34 AM
First Quar. 13th, 2:30 PM
Full Moon 21st, 5:08 PM
Last Quar. 28th, 8:52 PM

April

DAY OF MONTH	DAY OF WEEK	Light and Dark of Moon	MOON'S PLACE	LATITUDE OF 45° (LEVEL MINNEAPOLIS) Sun Rises	Sun Sets	Moon Rises or Sets*	LATITUDE OF 30° (APPROXIMATE LEVEL NEW ORLEANS) Sun Rises	Sun Sets	Moon Rises or Sets*
1	Th.		♑	5 43	6 26	4 09	5 51	6 18	3 45
2	Fri.		♒	5 41	6 27	4 46	5 50	6 18	4 29
3	Sat.		♒	5 40	6 28	5 19	5 48	6 19	5 10
4	S.		♓	5 38	6 30	sets	5 47	6 20	sets
5	M.		♓	5 36	6 32	7 32	5 46	6 20	7 20
6	Tu.		♈	5 34	6 33	8 38	5 45	6 21	8 19
7	W.		♉	5 32	6 34	9 43	5 44	6 21	9 16
8	Th.		♉	5 30	6 36	10 44	5 42	6 22	10 12
9	Fri.		♉	5 28	6 37	11 40	5 41	6 23	11 05
10	Sat.		♊	5 26	6 38	.....	5 40	6 24	11 53
11	S.		♊	5 24	6 39	12 32	5 39	6 24	.....
12	M.		♊	5 22	6 40	1 19	6 38	6 25	12 43
13	Tu.		♋	5 20	6 41	2 01	5 36	6 25	1 27
14	W.		♋	5 19	6 43	2 38	5 35	6 26	2 09
15	Th.		♌	5 17	6 44	3 12	5 34	6 27	2 47
16	Fri.		♌	5 16	6 45	3 42	5 33	6 27	3 25
17	Sat.		♌	5 14	6 47	4 11	5 32	6 28	4 01
18	S.		♍	5 12	6 48	4 39	5 31	6 28	4 36
19	M.		♍	5 10	6 49	rises	5 30	6 29	rises
20	Tu.		♎	5 08	6 51	7 13	5 29	6 29	6 55
21	W.		♎	5 07	6 52	8 22	5 28	6 30	7 58
22	Th.		♎	5 05	6 53	9 32	5 27	6 30	9 01
23	Fri.		♏	5 04	6 55	10 40	5 26	6 31	10 04
24	Sat.		♏	5 02	6 56	11 43	5 25	6 32	11 05
25	S.		♐	5 00	6 57	.....	5 24	6 32	.....
26	M.		♐	4 59	6 58	12 39	5 23	6 33	12 02
27	Tu.		♑	4 57	6 59	1 28	5 22	6 33	12 55
28	W.		♑	4 56	7 00	2 10	5 21	6 34	1 43
29	Th.		♒	4 54	7 02	2 47	5 20	6 35	2 27
30	Fri.		♒	4 52	7 03	3 20	5 19	6 36	3 09

New Moon 4th, 4:53 PM
First Quar. 12th, 10:04 AM
Full Moon 20th, 6:11 AM
Last Quar. 27th, 2:51 AM

*For Longitude of 90° (St. Louis, Memphis and New Orleans). (Figures in Black face indicate P. M.)

Safety and Short Cuts FOR YOUR HOME AND WORK

Safe at home! You often hear the expression but as many people are killed, and four times as many injured, by accidents in homes as by automobiles on streets. **Most home accidents result from unsafe habits,** conditions or equipment or mere carelessness. Make sure you can answer "**yes**" to each question here.

1. Are halls and stairs light and safe?
2. Do you keep rugs from slipping?
3. Do you use a bathtub mat to prevent slipping?
4. Do you use only a safe step ladder?
5. Do you keep matches safe?
6. Are gas pipes, electric wiring and fixtures safe?
7. Are you careful enough about fires?
8. Are furnace, pipes and chimneys sound and clean?
9. Do you keep poisons in safe place?
10. Are toys, brooms, soap, ice, grease, etc., kept off stairs, walks and floors?
11. Do you do dry-cleaning outdoors?
12. Do you see garage doors are open if car is running?
13. Do you turn off gas or electricity carefully?
14. Do you insist upon care with matches, cigarettes, fires, etc.
15. Are you extra careful around machines, horses, bulls, etc.?
16. Do you keep firearms unloaded in safe places?
17. Have you hand rails on stairs?
18. Do you keep Rawleigh's Antiseptic, Liniment, Ointment and Asafen Tablets for injuries and pains?

NATURE OFTEN NEEDS HELP *of Regulative Laxative Medicines*

YOU PARENTS and all who guard good health as better than great riches should understand that a large part of human ailments is due to constipation.

Your health and physical efficiency are at their highest point when there are at least two or three daily bowel movements which can be secured by proper diet, exercise, habits and use of fruits, vegetables and other roughage. You feel vigorous when your appetite is keen, digestion good, bowel elimination normal.

But when you get careless about foods your stomach often gets sour, your bowel action becomes delayed, incomplete and irregular. When you have depressed feelings or sickness caused by constipation you should regulate your diet and aid the digestive organs to secure normal activity and frequent regular bowel movements.

The most frequently needed and most useful of all medicines in nearly every home are laxatives. Experienced mothers have learned the importance and necessity of keeping several kinds on hand suitable for the needs of each and every member of their families. There are 8 different Rawleigh regulators and laxatives. All are the best long experience, quality materials and scientific methods can produce—especially suitable for the purposes for which they are recommended.

8 GOOD LAXATIVES 8

(1) **A sparkling fruit-acid drink** in water, Effervescent Salts increases activity of the intestines, which with increased bulk, helps move bowel contents. **It alkalizes and refreshes.** A pleasant, fizzing drink of Effervescent Salts (add Rawleigh's Nectars or Fruit Drinks if you like) helps reduce excess gastric acidity—an extra benefit. You'll enjoy this tasty drink and you will feel better.

(2-3) **Splendid for sour stomach or promoting easy bowel movements,** Rawleigh's Milk of Magnesia is supplied in both mint-flavored tablets or liquid form. It reduces gastric acidity, increases moisture and bulk in the intestines and promotes bowel elimination. Its usefulness and value are well known.

(4) **For adults who need a strong laxative,** Cathartic Pills actively stimulate bowel movements, also act on the liver. Satisfactory for over 50 years.

(5) **Many elderly people** wish a regulative medicine steeped into a beverage and depend upon Rawleigh's Laxative and Diuretic—an herb tea.

(6) **Children like Laxative Tablets,** a candy cathartic, easy to take, mild and pleasant in action. Contains one of the most used laxatives, very satisfactory in small doses.

(7) **For babies and children, Rawleigh's Castoria** is a mild, pleasant, reliable stomach and bowel regulating medicine. Large bottles. More for your money.

(8) **If you need a laxative continuously,** for habitual constipation, Cascara Sagrada Compound Tablets are preferable.

KEEP A VARIETY

These regulative medicines are so frequently needed, so useful, **you should keep several kinds** for different conditions and all members of your family. Occasional change is more satisfactory than continuous use of one kind. They'll help to keep stomach and intestines clear and active, to keep you feeling fit—bowel movements on schedule, good appetite, lots of energy—enjoying life and health.

Caution—Laxatives should be used only as directed and only when needed.

May

DAY OF MONTH	DAY OF WEEK	Light and Dark of Moon	MOON'S PLACE	LATITUDE OF 45° (LEVEL MINNEAPOLIS) Sun Rises	Sun Sets	Moon Rises or Sets*	LATITUDE OF 30° (APPROXIMATE LEVEL NEW ORLEANS) Sun Rises	Sun Sets	Moon Rises or Sets*
1	Sat.		♓	4 51	7 04	3 51	5 18	6 37	3 47
2	S.		♓	4 50	7 05	4 20	5 17	6 38	4 25
3	M.		♓	4 48	7 06	sets	5 16	6 38	sets
4	Tu.		♈	4 47	7 08	7 28	5 16	6 39	7 03
5	W.		♈	4 45	7 09	8 30	5 15	6 40	8 00
6	Th.		♉	4 44	7 10	9 29	5 14	6 40	8 55
7	Fri.		♉	4 42	7 11	10 25	5 13	6 41	9 47
8	Sat.		♊	4 41	7 12	11 13	5 13	6 42	10 37
9	S.		♊	4 40	7 14	11 58	5 12	6 42	11 23
10	M.		♋	4 38	7 15	.....	5 11	6 43	.....
11	Tu.		♋	4 37	7 16	12 37	5 10	6 43	12 05
12	W.		♌	4 36	7 17	1 12	5 10	6 44	12 45
13	Th.		♌	4 34	7 18	1 43	5 09	6 44	1 22
14	Fri.		♌	4 33	7 20	2 12	5 08	6 45	1 58
15	Sat.		♍	4 32	7 21	2 40	5 07	6 46	2 33
16	S.		♍	4 31	7 22	3 07	5 07	6 46	3 08
17	M.		♍	4 30	7 23	3 36	5 06	6 47	3 44
18	Tu.		♎	4 29	7 24	rises	5 06	6 48	rises
19	W.		♎	4 28	7 26	7 15	5 05	6 48	6 46
20	Th.		♏	4 27	7 27	8 25	5 04	6 49	7 51
21	Fri.		♏	4 26	7 28	9 33	5 04	6 49	8 55
22	Sat.		♐	4 25	7 29	10 34	5 03	6 50	9 56
23	S.		♐	4 24	7 30	11 27	5 02	6 50	10 52
24	M.		♑	4 23	7 31	.....	5 02	6 51	11 43
25	Tu.		♑	4 22	7 32	12 12	5 02	6 51	.....
26	W.		♒	4 21	7 33	12 51	5 01	6 52	12 28
27	Th.		♒	4 20	7 34	1 24	5 01	6 52	1 10
28	Fri.		♓	4 20	7 35	1 55	5 01	6 53	1 49
29	Sat.		♓	4 19	7 35	2 24	5 01	6 53	2 26
30	S.		♈	4 19	7 36	2 53	5 00	6 54	3 02
31	M.		♈	4 18	7 37	3 23	5 00	6 55	3 39

New Moon 4th, 4:43 AM
First Quar. 12th, 4:52 AM
Full Moon 19th, 4:13 PM
Last Quar. 26th, 8:33 AM

June

DAY OF MONTH	DAY OF WEEK	Light and Dark of Moon	MOON'S PLACE	LATITUDE OF 45° (LEVEL MINNEAPOLIS) Sun Rises	Sun Sets	Moon Rises or Sets*	LATITUDE OF 30° (APPROXIMATE LEVEL NEW ORLEANS) Sun Rises	Sun Sets	Moon Rises or Sets*
1	Tu.		♉	4 18	7 38	3 54	5 00	6 56	4 18
2	W.		♉	4 17	7 39	sets	5 00	6 56	sets
3	Th.		♊	4 17	7 40	8 16	5 00	6 57	7 40
4	Fri.		♊	4 16	7 41	9 08	4 59	6 57	8 31
5	Sat.		♊	4 15	7 42	9 55	4 59	6 58	9 18
6	S.		♋	4 15	7 42	10 36	4 59	6 58	10 02
7	M.		♋	4 14	7 43	11 12	4 59	6 59	10 43
8	Tu.		♋	4 14	7 44	11 45	4 59	6 59	11 21
9	W.		♌	4 14	7 44	.....	4 58	7 00	11 57
10	Th.		♌	4 13	7 45	12 14	4 58	7 00	.....
11	Fri.		♌	4 13	7 45	12 42	4 58	7 00	12 31
12	Sat.		♍	4 13	7 46	1 10	4 58	7 01	1 06
13	S.		♍	4 13	7 46	1 36	4 58	7 01	1 40
14	M.		♍	4 12	7 47	2 05	4 58	7 01	2 18
15	Tu.		♎	4 12	7 48	2 37	4 58	7 02	2 58
16	W.		♎	4 12	7 48	3 14	4 58	7 02	3 42
17	Th.		♏	4 12	7 48	rises	4 58	7 02	rises
18	Fri.		♏	4 12	7 49	8 19	4 58	7 03	7 41
19	Sat.		♐	4 13	7 49	9 18	4 59	7 03	8 41
20	S.		♑	4 13	7 50	10 08	4 59	7 04	9 37
21	M.		♑	4 13	7 50	10 51	4 59	7 04	10 26
22	Tu.		♒	4 13	7 50	11 27	4 59	7 04	11 10
23	W.		♒	4 13	7 50	.....	4 59	7 04	11 50
24	Th.		♓	4 14	7 50	12 00	5 00	7 04	.....
25	Fri.		♓	4 14	7 50	12 30	5 00	7 04	12 28
26	Sat.		♓	4 14	7 50	12 58	5 00	7 04	1 05
27	S.		♈	4 15	7 50	1 27	5 00	7 04	1 41
28	M.		♈	4 15	7 50	1 57	5 00	7 04	2 19
29	Tu.		♉	4 16	7 50	2 31	5 01	7 05	2 58
30	W.		♉	4 16	7 50	3 07	5 01	7 05	3 40

New Moon 2nd, 5:33 PM
First Quar. 10th, 9:35 PM
Full Moon 18th, 12:14 AM
Last Quar. 24th, 3:08 PM

*For Longitude of 90° (St. Louis, Memphis and New Orleans). (Figures in Black face indicate P. M.)

To Do Things Easier and Better

1. When pies cook over in the oven sprinkle salt on the bubbling mass.

2. Save jelly-making time and materials with Rawleigh's Fruit Pectin.

3. Remove lime deposits with vinegar.

4. Freshen muffins, biscuits, etc., in a dampened paper bag in the oven.

5. Keep lemons fresh in fruit jar with tight cover.

6. Make lower crust of berry pies larger and fold over top to hold juice.

7. For cleaning with water add Rawleigh's Cleanser.

8. Mend broken things with Rawleigh's All-Purpose Cement.

9. Use Non-Rubbing Liquid Wax for easier cleaning and dusting of floors.

10. Windows cleaned in sunshine dry with smears. They clean easier and brighter with Rawleigh's Cleanser.

11. Clean bottles and jars with Rawleigh's Hand Cleanser and water. Shake well.

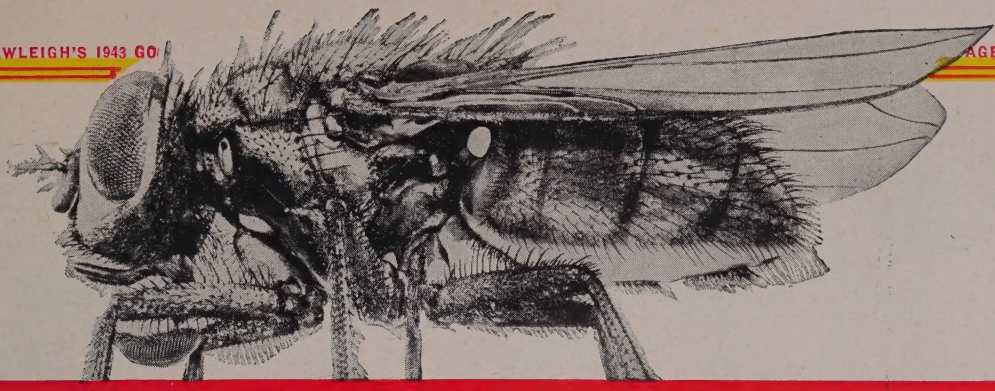
12. To brighten silverware cover with warm water in aluminum pan, and add 1 tablespoon Rawleigh's Cleanser & Water Softener. In about 10 minutes remove and dry. Absolutely harmless to silver.

13. For starching and ironing use Rawleigh's Scented Starch and Starch-Aid.

14. For quick, easily made pies and desserts keep on hand Rawleigh's Pie Fillings, Tapioca, Gingerbread Mix, Gelatine, etc.

15. Add flavor to soups, salads, etc. with Rawleigh's Celery Salt and Onion Seasoning.

16. Spray Rawleigh's Fly Killer to clear the house of flies, mosquitoes, moths and ants.



FIGHTING DESTRUCTIVE INSECTS

YOU HAVE TO FIGHT a continuous war against the ravages of dangerous and destructive insects which attack health and life, crops and property. Constant danger and loss make defense necessary by control of numerous insect enemies. Unchecked insects would multiply so fast they would destroy all living things on earth.

In every home, on every farm, defense weapons needed are effective insecticides. Get your armament ready early for each season's needs when your Rawleigh Dealer calls. Best results can be secured from dairy cows and other livestock by using an efficient insecticide to protect them from house flies.

Pyrethro Fly Killer

Spraying indoors with Rawleigh's Fly Killer is an easy, effective way of destroying insects. Strength and high quality in pyrethrum extractive makes its spray unusually effective. It is standardized by controlled biological tests.

Flies fall paralyzed by its vapor, most being dead. It kills mosquitoes, gnats, moths, ants, fleas, lice, ticks, bed bugs, roaches, also insect eggs and larvae.

It is easily used in homes, restaurants, markets, offices, dairies and stables.

Ideal Fly Repellent

Odorless, stainless, nonirritating, lasting, Rawleigh's Fly Repellent is a splendid protective and fly-killing spray for cows.

Most flies are knocked down and killed when it is sprayed in the stable before milking. Then cows are quiet and easily milked. Few flies attack cows for hours after spraying. It frees animals of lice or fleas and helps keep coats of show stock soft and glossy.

Our new Stainless Stock Spray, made from a new chemical, has proven, in farm and laboratory tests, to have great knock down and repelling power against flies. Dairymen who spray cows with it in the stable before milking find it quickly rids them of flies and reduces annoyance and loss.

East Indian derris root was first used in our Insect Dust but during 1941-42 we used cube and timbo roots from South America. All these roots of tropical plants contain rotenone, deadly to fishes and reptiles and a powerful contact and stomach poison against chewing, sucking insects.

Rawleigh's Insect Dust contains rotenone and other effective ingredients that make it so useful that many carloads are used each summer.

1. It controls many destructive insects.
2. Good on vegetables, fruits and flowers.
3. Leaves no poisonous residue.
4. Saves cleaning poisons from garden produce.
5. Easy to use. Sift from can or use Rawleigh Duster.

Rawleigh's Sprayers, Dusters, improved hand plunger type, make use of liquid and dust insecticides easy and effective.

Rawleigh's Moth Crystals or Insect Powder should be used in closets or chests where you store away woolens or furs.

Louse Killer, Louse Powder, Roost Paint and Dip and Disinfectant have great usefulness to stock and poultry raisers.

July

DAY OF MONTH	DAY OF WEEK	Light and Dark of Moon	MOON'S PLACE	LATITUDE OF 45° (LEVEL MINNEAPOLIS) Sun Rises	Sun Sets	Moon Rises or Sets*	LATITUDE OF 30° (APPROXIMATE LEVEL NEW ORLEANS) Sun Rises	Sun Sets	Moon Rises or Sets*
1	Th.	☾	♊	4 17	7 50	3 48	5 02	7 05	4 25
2	Fri.	☾	♊	4 17	7 50	sets	5 02	7 05	sets
3	Sat.	☾	♊	4 18	7 50	7 52	5 02	7 05	8 00
4	S.	☾	♋	4 18	7 50	8 35	5 02	7 05	8 42
5	M.	☾	♋	4 19	7 50	9 14	5 03	7 05	9 21
6	Tu.	☾	♌	4 19	7 49	9 47	5 03	7 05	9 58
7	W.	☾	♌	4 20	7 49	10 17	5 04	7 05	10 31
8	Th.	☾	♌	4 20	7 49	10 45	5 04	7 04	11 06
9	Fri.	☾	♍	4 21	7 49	11 12	5 05	7 04	11 40
10	Sat.	☽	♍	4 22	7 48	11 38	5 06	7 04	.....
11	S.	☽	♍	4 22	7 48	.....	5 06	7 04	12 14
12	M.	☽	♎	4 23	7 47	12 05	5 06	7 04	12 51
13	Tu.	☽	♎	4 24	7 47	12 35	5 07	7 03	1 33
14	W.	☽	♏	4 25	7 46	1 08	5 07	7 03	2 19
15	Th.	☽	♏	4 26	7 45	1 48	5 08	7 03	3 01
16	Fri.	☽	♐	4 27	7 45	2 35	5 08	7 03	4 10
17	Sat.	☺	♐	4 28	7 44	3 32	5 09	7 02	rises
18	S.	☺	♑	4 29	7 43	rises	5 10	7 02	8 15
19	M.	☺	♑	4 30	7 42	9 25	5 10	7 02	9 03
20	Tu.	☺	♒	4 31	7 41	10 00	5 11	7 01	9 47
21	W.	☺	♒	4 32	7 40	10 32	5 11	7 01	10 27
22	Th.	☺	♓	4 33	7 39	11 01	5 12	7 00	11 05
23	Fri.	☺	♓	4 34	7 38	11 30	5 12	6 59	11 42
24	Sat.	☾	♈	4 35	7 37	.....	5 13	6 59	.....
25	S.	☾	♈	4 36	7 36	12 01	5 14	6 58	12 39
26	M.	☾	♉	4 37	7 35	12 33	5 14	6 58	12 59
27	Tu.	☾	♉	4 38	7 34	1 08	5 15	6 57	1 40
28	W.	☾	♉	4 39	7 33	1 48	5 15	6 57	2 23
29	Th.	☾	♊	4 41	7 31	2 32	5 16	6 56	3 09
30	Fri.	☾	♊	4 42	7 30	3 20	5 17	6 55	3 57
31	Sat.	☾	♊	4 43	7 29	4 13	5 17	6 55	4 48

● New Moon 2nd, 7:44 AM ☾ Last Quar. 23rd, 11:38 PM
☽ First Quar. 10th, 11:29 AM ● New Moon 31st, 11:06 PM
○ Full Moon 17th, 7:21 AM

August

DAY OF MONTH	DAY OF WEEK	Light and Dark of Moon	MOON'S PLACE	LATITUDE OF 45° (LEVEL MINNEAPOLIS) Sun Rises	Sun Sets	Moon Rises or Sets*	LATITUDE OF 30° (APPROXIMATE LEVEL NEW ORLEANS) Sun Rises	Sun Sets	Moon Rises or Sets*
1	S.	☾	♋	4 44	7 28	sets	5 18	6 54	sets
2	M.	☾	♋	4 45	7 26	8 20	5 18	6 54	7 59
3	Tu.	☾	♌	4 46	7 25	8 49	5 19	6 53	8 33
4	W.	☾	♌	4 47	7 24	9 16	5 20	6 52	9 07
5	Th.	☾	♍	4 48	7 23	9 42	5 20	6 52	9 40
6	Fri.	☾	♍	4 49	7 21	10 08	5 21	6 51	10 14
7	Sat.	☾	♍	4 50	7 20	10 36	5 21	6 50	10 49
8	S.	☽	♎	4 52	7 18	11 06	5 22	6 49	11 28
9	M.	☽	♎	4 53	7 17	11 42	5 23	6 48	.....
10	Tu.	☽	♎	4 54	7 16	.....	5 23	6 47	12 10
11	W.	☽	♏	4 55	7 14	12 24	5 24	6 46	12 58
12	Th.	☽	♐	4 57	7 13	1 14	5 24	6 45	1 52
13	Fri.	☽	♐	4 58	7 11	2 14	5 25	6 44	2 52
14	Sat.	☽	♑	4 59	7 10	3 22	5 26	6 43	3 58
15	S.	☽	♑	5 00	7 09	4 36	5 26	6 42	5 06
16	M.	☺	♒	5 02	7 07	rises	5 27	6 41	rises
17	Tu.	☺	♒	5 03	7 05	8 29	5 27	6 40	8 20
18	W.	☺	♓	5 04	7 03	9 00	5 28	6 39	9 01
19	Th.	☺	♓	5 05	7 02	9 31	5 29	6 38	9 39
20	Fri.	☺	♈	5 06	7 01	10 02	5 30	6 37	10 18
21	Sat.	☺	♈	5 07	6 59	10 33	5 30	6 36	10 57
22	S.	☾	♉	5 09	6 57	11 08	5 31	6 35	11 38
23	M.	☾	♉	5 10	6 55	11 47	5 31	6 34	.....
24	Tu.	☾	♉	5 11	6 53	.....	5 32	6 33	12 20
25	W.	☾	♊	5 12	6 52	12 30	5 32	6 32	1 07
26	Th.	☾	♊	5 14	6 50	1 16	5 33	6 31	1 54
27	Fri.	☾	♋	5 15	6 48	2 08	5 33	6 30	2 44
28	Sat.	☾	♋	5 16	6 46	3 02	5 34	6 28	3 25
29	S.	☾	♋	5 17	6 45	4 00	5 34	6 27	4 27
30	M.	☾	♌	5 18	6 44	sets	5 34	6 26	sets
31	Tu.	●	♌	5 19	6 42	7 20	5 35	6 25	7 09

☽ First Quar. 8th, 10:36 PM ☾ Last Quar. 22nd, 11:04 AM
○ Full Moon 15th, 2:34 PM ● New Moon 30th, 2:59 PM

*For Longitude of 90° (St. Louis, Memphis and New Orleans). (Figures in Black face indicate P. M.)

Movable Church Feasts

Advent embraces four weeks before Christmas. Advent Sunday is the Sunday nearest St. Andrews Day (Nov. 30).

Easter Sunday is the first Sunday after the first full moon on or after the spring equinox. It corresponds to the old Passover of the Jews.

Good Friday commemorates the crucifixion.

Palm Sunday commemorates the entry of Christ into Jerusalem when the people bore palms before Him.

Low Sunday, a feast of lower grade, is the Sunday after Easter.

Lent, the great fast of the Church, begins on **Ash Wednesday,** so called because ashes were used as tokens of humility.

Shrove Tuesday, the day before Ash Wednesday, denotes it a favorite day for shriving or getting rid of sins.

Quadragesima (fortieth) Sunday, the next after Ash Wednesday denotes it is approximately 40 days before Easter.

Whit Sunday, the Jewish Pentecost, is the fiftieth day (7 weeks) after Easter.

Rogation Sunday (prayer Sunday) is 2 weeks before Whit Sunday.

Ascension Day is the Thursday after Rogation Sunday, 10 days before Whit Sunday and 40 days after Easter.

Trinity Sunday, a feast to the Trinity, is next after Whit Sunday.

Ember Days, 3 in each season for fasting and prayer, are Wednesday, Friday and Saturday after the first Sunday in Lent, after Whit Sunday, after Sept. 14 and Dec. 13th, so named from custom of penitents sitting in embers and ashes for their sins.

THE DANGER *from Coughs and* COLDS

How to Protect Your Health With Reliable Medicines During Cold, Stormy, Changeable Weather

AS EVERYONE knows, fresh colds and chills, if neglected, may become serious—dangerous. To prevent colds, relieve their symptoms and lessen the severity of the ailment, save much suffering and sickness you should be prepared to give prompt relief when these dangerous colds first start.

When you start to sneeze, chill, ache or get sore throat, don't be careless or delay to get relief. Eat nutritious foods, milk and fruit juices especially. Hot drinks should be freely taken. Hot baths warm one up—relieve cold congestions. Going to bed, sleep and warmth save time and risk in recovery. A laxative and alkalizer is good when a cold starts. The system will be more resistant after use of Rawleigh's Effervescent Salts or Milk of Magnesia to lower gastric acidity and promote gentle bowel action.

You will get direct relief, when colds start with nose and throat irritation by gargling with Rawleigh's Antiseptic or using it as a spray. Congestion and distress in nasal membranes is reduced and breathing made easier by early use of Rawleigh's Nose and Throat Drops. It contains ephedrine, menthol, thymol and eucalyptol. It spreads over membranes, contracts them, soothes irritation, clears the head.

Inhaling Rawleigh's Ready Relief brings medicinal oils to affected membranes of nose and throat. Applying Vapor Balm to chest, throat and nostrils and inhaling its vapor, reduces congestion and soothes.

Nip that cold in the bud. You will find Rawleigh's Quinine-Bromide Laxative Cold Tablets very effective. Taken alone or with Rawleigh's Asafen Tablets they usually help reduce severity of aches and pains, and also bring relief from the infection.

3 RELIABLE COUGH MEDICINES, 3 *All in Big 12-Oz. Bottles*

When your throat is sore or irritated, and you have a hacking cough, it is difficult to get your usual rest and sleep. You feel tired and worn out. Then is when you long for a remedy that will soothe your throat.

(1) **Rawleigh's Cough Syrup. Active ingredients**—fluid extracts horehound, spikenard, lobelia, squill, senega, poplar buds, tinctures blood root, white pine gum, pine tar, extract licorice, chloroform 2 minims per ounce. **Useful to reduce coughs due to colds,** soothe hoarseness, tickling in throat and minor bronchial irritations due to colds.

(2) **Thyme Cough Compound** to relieve irritation in throat, **coughs, colds, hoarseness,** temporary loss of voice, tickling in throat when due to colds. **Active ingredients**—fluid extract thyme herb (which comes mostly from Spain) and thymol.

(3) **Cough Balsam for coughs due to colds.** Active ingredients—fluid extracts squill and senega, lobelia, poplar buds and ipecac; tincture balsam tolu, ammonium chloride.

All three of these cough syrups are made under trained chemists in our modern laboratories. For three generations they have given relief and satisfaction to millions of consumers from coughs due to colds.

If you have not used these old, reliable medicines you can keep them on trial, with your Rawleigh Dealer's guarantee of satisfaction or no sale.

September

DAY OF MONTH	DAY OF WEEK	Light and Dark of Moon	MOON'S PLACE	LATITUDE OF 45° (LEVEL MINNEAPOLIS) Sun Rises	Sun Sets	Moon Rises or Sets*	LATITUDE OF 30° (APPROXIMATE LEVEL NEW ORLEANS) Sun Rises	Sun Sets	Moon Rises or Sets*
1	W.		♌	5 21	6 40	7 47	5 36	6 24	7 42
2	Th.		♍	5 22	6 38	8 13	5 37	6 22	8 16
3	Fri.		♍	5 23	6 36	8 39	5 37	6 21	8 51
4	Sat.		♍	5 24	6 34	9 09	5 38	6 20	9 28
5	S.		♎	5 25	6 32	9 42	5 38	6 19	10 08
6	M.		♎	5 27	6 30	10 21	5 39	6 18	10 52
7	Tu.		♏	5 28	6 28	11 06	5 39	6 16	11 42
8	W.		♐	5 29	6 26	11 59	5 40	6 15	.....
9	Th.		♐	5 30	6 24	.....	5 41	6 14	12 38
10	Fri.		♐	5 32	6 22	1 01	5 41	6 13	1 38
11	Sat.		♑	5 33	6 20	2 11	5 42	6 11	2 44
12	S.		♑	5 34	6 18	3 25	5 42	6 10	3 52
13	M.		♒	5 35	6 17	4 42	5 43	6 09	5 00
14	Tu.		♒	5 36	6 15	rises	5 43	6 08	rises
15	W.		♓	5 37	6 13	7 28	5 44	6 07	7 32
16	Th.		♓	5 39	6 11	7 59	5 45	6 05	8 12
17	Fri.		♈	5 40	6 09	8 30	5 45	6 04	8 52
18	Sat.		♈	5 41	6 07	9 05	5 46	6 03	9 33
19	S.		♉	5 42	6 05	9 43	5 46	6 02	10 16
20	M.		♉	5 43	6 03	10 25	5 47	6 01	11 01
21	Tu.		♉	5 45	6 01	11 10	5 47	6 00	11 48
22	W.		♊	5 46	5 59	.....	5 48	5 58	.....
23	Th.		♊	5 47	5 58	12 01	5 48	5 57	12 38
24	Fri.		♋	5 48	5 56	12 55	5 48	5 56	1 29
25	Sat.		♋	5 49	5 54	1 51	5 49	5 55	2 21
26	S.		♌	5 51	5 52	2 50	5 50	5 53	3 13
27	M.		♌	5 52	5 50	3 50	5 50	5 52	4 05
28	Tu.		♌	5 53	5 48	4 50	5 51	5 50	4 58
29	W.		♍	5 54	5 46	sets	5 51	5 49	sets
30	Th.		♍	5 55	5 44	6 43	5 52	5 48	6 52

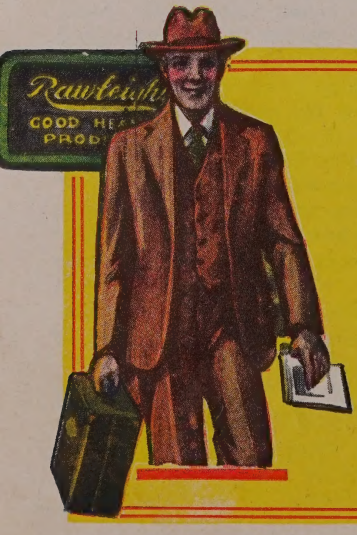
☽ First Quar. 7th, 7:33 AM ☾ Last Quar. 21st, 2:06 AM
☾ Full Moon 13th, 10:40 PM ● New Moon 29th, 7:29 AM

*For Longitude of 90° (St. Louis, Memphis and New Orleans). (Figures in Black face indicate P. M.)

October

DAY OF MONTH	DAY OF WEEK	Light and Dark of Moon	MOON'S PLACE	LATITUDE OF 45° (LEVEL MINNEAPOLIS) Sun Rises	Sun Sets	Moon Rises or Sets*	LATITUDE OF 30° (APPROXIMATE LEVEL NEW ORLEANS) Sun Rises	Sun Sets	Moon Rises or Sets*
1	Fri.		♍	5 57	5 42	7 12	5 52	5 47	7 28
2	Sat.		♎	5 58	5 40	7 44	5 53	5 45	8 07
3	S.		♎	5 59	5 39	8 20	5 54	5 44	8 50
4	M.		♏	6 00	5 37	9 02	5 54	5 43	9 38
5	Tu.		♏	6 01	5 36	9 52	5 55	5 42	10 30
6	W.		♐	6 03	5 34	10 50	5 56	5 40	11 28
7	Th.		♐	6 04	5 32	11 55	5 56	5 39	.....
8	Fri.		♑	6 05	5 30	.....	5 57	5 38	12 30
9	Sat.		♑	6 06	5 29	1 05	5 57	5 37	1 35
10	S.		♒	6 08	5 27	2 19	5 58	5 36	2 41
11	M.		♒	6 09	5 25	3 34	5 59	5 35	3 47
12	Tu.		♓	6 11	5 23	rises	5 59	5 34	rises
13	W.		♓	6 12	5 21	5 55	6 00	5 33	6 04
14	Th.		♈	6 13	5 20	6 26	6 00	5 32	6 43
15	Fri.		♈	6 14	5 18	7 00	6 01	5 31	7 24
16	Sat.		♉	6 16	5 16	7 36	6 01	5 30	8 07
17	S.		♉	6 17	5 14	8 17	6 02	5 28	8 53
18	M.		♉	6 18	5 12	9 02	6 03	5 27	9 40
19	Tu.		♊	6 19	5 11	9 51	6 03	5 26	10 30
20	W.		♊	6 21	5 09	10 45	6 04	5 25	11 21
21	Th.		♋	6 22	5 07	11 40	6 05	5 24	.....
22	Fri.		♋	6 24	5 05	.....	6 05	5 23	12 12
23	Sat.		♌	6 25	5 04	12 39	6 06	5 22	1 05
24	S.		♌	6 26	5 03	1 38	6 06	5 21	1 58
25	M.		♌	6 28	5 01	2 38	6 07	5 20	2 51
26	Tu.		♍	6 29	4 59	3 40	6 08	5 19	3 46
27	W.		♍	6 31	4 57	4 43	6 09	5 18	4 41
28	Th.		♍	6 32	4 56	sets	6 10	5 17	sets
29	Fri.		♎	6 33	4 55	5 43	6 11	5 16	6 05
30	Sat.		♎	6 35	4 53	6 19	6 12	5 15	6 47
31	S.		♏	6 36	4 51	6 59	6 13	5 14	7 34

☽ First Quar. 6th, 3:10 PM ☾ Last Quar. 20th, 8:42 PM
☾ Full Moon 13th, 8:23 AM ● New Moon 28th, 8:59 PM



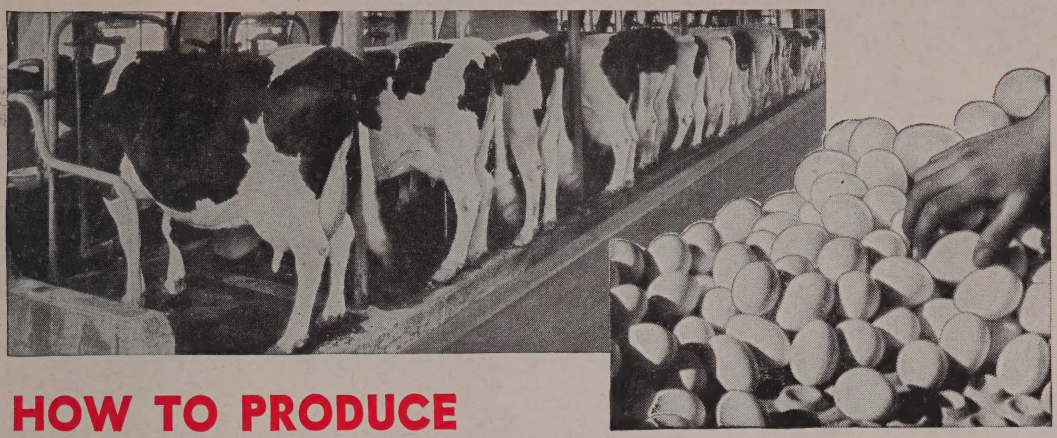
MORE CITY AND RURAL DEALERS WANTED!

Men and Women! Start your own business with our capital. No experience needed. We teach you how. Rawleigh's superior quality, old-established demand, low prices, make easy sales. Prompt shipments from 15 factories and service branches. Low freight and express rates. Rawleigh's 54-year-old tested and tried sales and service methods get business everywhere—many millions of products sold each year. If you are willing to work steady every day for good pay, ask your Rawleigh Dealer how to get started in a nearby locality, or

WRITE DEPT. G. H. G. W. T. Rawleigh Co., Freeport, Ill.

Complete information how to start your own business

FOR DEFENSE AND VICTORY



HOW TO PRODUCE

More Meat, Dairy and Poultry Products

ENORMOUS QUANTITIES of these products are consumed in the U. S. A. and Canada every year. During the war, tremendous increases are required for the armed forces and for export to our Allies.

Thus the production of meat, dairy and poultry products is the most important activity on millions of farms.

Your success, as well as your contribution to the world's food supply, depends on how well you manage and how you protect your flocks and herds from insects and disease. For best results, livestock and poultry must be fed right. Even good feed is usually deficient in important food constituents. No matter what kind or grade of animals or fowls you have, Rawleigh's Minerals, Tonics and Medicines help you get better results.

Now is the time to produce all you can while **prices for all these products are high.**

Your cows will produce more milk and pay for better balanced feeding if you give them Rawleigh's Iodized Stock Tonic or Minerals for Cattle as a good appetizer and regulator.

It will pay you to protect them from flies with Rawleigh's Fly Repellent, from losses with Colic and Bloat Ease and from injuries with Rawleigh's Liniment and Salve. Udder Balm helps keep cows in good production.

Ham, Bacon and Eggs Needed

You can rely upon breeding sows to produce more vigorous young if you give them Mineral Mixture for Hogs or Rawleigh's All-Medicine Hog Mixture. Farmers know that farrowing pens should be regularly cleaned and disinfected. Rawleigh's Dip and Disinfectant is ideal for that. Pigs should go early to fresh alfalfa pastures for health and thrifty growth. They'll grow faster and save feed if given Rawleigh's Medicated Mineral Mixture for Hogs to balance and better utilize grain. For healthy growth, pigs should be wormed with "TET" Capsules. Louse Killer is especially useful for hogs and for all stock and poultry.

More laying hens, better fed and cared for now, will pay you well. You should clean houses and yards and disinfect regularly with Rawleigh's Dip and Disinfectant. Stop losses from lice and mites by dusting birds and nests with Rawleigh's Louse Powder or using Roost Paint. Round Worm Capsules will help keep down losses from worms. Septo Powder in drinking water prevents losses from contagious colds and roup. Astringent Tablets help prevent common chick diarrhea.

For heavy laying or rapid growth, Rawleigh's Iodized Poultry Powder is a stimulant, regulator and tonic your poultry should have.

Promote Production, Reduce Losses

You can increase production and save many of the usual losses by using Rawleigh's Stock and Poultry Supplies. You can rely on their high quality and value. They are sound, economical bargains. Their costs are up but little. It is good management to keep them on hand for frequent needs and regular use. They pay for their cost many times over by the increased profitable production you get from their use.

Larger production and profits: How you may plan and work for them, your Rawleigh Dealer will be glad to explain.

November

DAY OF MONTH	DAY OF WEEK	Light and Dark of Moon	MOON'S PLACE	LATITUDE OF 45° (LEVEL MINNEAPOLIS) Sun Rises	Sun Sets	Moon Rises or Sets*	LATITUDE OF 30° (APPROXIMATE LEVEL NEW ORLEANS) Sun Rises	Sun Sets	Moon Rises or Sets*
1	M.		♏	6 37	4 49	7 47	6 13	5 13	8 26
2	Tu.		♐	6 38	4 48	8 43	6 14	5 13	9 23
3	W.		♐	6 39	4 47	9 47	6 15	5 12	10 23
4	Th.		♑	6 41	4 45	10 54	6 16	5 12	11 26
5	Fri.		♑	6 43	4 44	.....	6 17	5 11	.....
6	Sat.		♒	6 44	4 43	12 05	6 18	5 10	12 31
7	S.		♒	6 45	4 42	1 18	6 18	5 09	1 35
8	M.		♓	6 46	4 41	2 30	6 19	5 09	2 39
9	Tu.		♓	6 48	4 40	3 44	6 20	5 08	3 41
10	W.		♈	6 49	4 38	rises	6 20	5 07	rises
11	Th.		♈	6 51	4 37	4 56	6 21	5 06	5 17
12	Fri.		♉	6 52	4 36	5 30	6 22	5 06	5 59
13	Sat.		♉	6 53	4 35	6 09	6 23	5 06	6 43
14	S.		♉	6 55	4 33	6 53	6 24	5 05	7 30
15	M.		♊	6 56	4 32	7 41	6 24	5 05	8 20
16	Tu.		♊	6 58	4 31	8 33	6 25	5 04	9 11
17	W.		♋	6 59	4 30	9 28	6 26	5 04	10 03
18	Th.		♋	7 00	4 29	10 25	6 27	5 04	10 55
19	Fri.		♌	7 02	4 28	11 24	6 28	5 03	11 48
20	Sat.		♌	7 03	4 28	.....	6 28	5 03	.....
21	S.		♌	7 05	4 27	12 24	6 29	5 02	12 41
22	M.		♍	7 06	4 26	1 25	6 30	5 02	1 34
23	Tu.		♍	7 07	4 25	2 27	6 30	5 02	2 29
24	W.		♍	7 09	4 24	3 31	6 31	5 01	3 24
25	Th.		♎	7 10	4 23	4 37	6 32	5 01	4 22
26	Fri.		♎	7 11	4 22	sets	6 33	5 00	sets
27	Sat.		♏	7 12	4 22	4 54	6 34	5 00	5 26
28	S.		♏	7 13	4 22	5 40	6 35	5 00	6 18
29	M.		♐	7 14	4 21	6 34	6 36	5 00	7 14
30	Tu.		♐	7 16	4 21	7 37	6 37	5 00	8 15

First Quar. 4th, 10:22 PM ☾ Last Quar. 19th, 5:43 PM
Full Moon 11th, 8:26 PM ● New Moon 27th, 10:23 AM

*For Longitude of 90° (St. Louis, Memphis and New Orleans). (Figures in Black face indicate P. M.)

December

DAY OF MONTH	DAY OF WEEK	Light and Dark of Moon	MOON'S PLACE	LATITUDE OF 45° (LEVEL MINNEAPOLIS) Sun Rises	Sun Sets	Moon Rises or Sets*	LATITUDE OF 30° (APPROXIMATE LEVEL NEW ORLEANS) Sun Rises	Sun Sets	Moon Rises or Sets*
1	W.		♐	7 17	4 20	8 45	6 38	5 00	9 19
2	Th.		♑	7 18	4 20	9 56	6 38	5 00	10 24
3	Fri.		♑	7 19	4 20	11 08	6 39	5 00	11 28
4	Sat.		♒	7 20	4 20	.....	6 40	5 00	.....
5	S.		♒	7 22	4 20	12 20	6 40	5 00	12 31
6	M.		♓	7 23	4 19	1 31	6 41	5 00	1 33
7	Tu.		♓	7 24	4 19	2 41	6 42	5 00	2 34
8	W.		♈	7 25	4 19	3 50	6 42	5 00	3 35
9	Th.		♈	7 26	4 19	4 58	6 43	5 00	4 35
10	Fri.		♉	7 27	4 18	rises	6 44	5 00	rises
11	Sat.		♉	7 27	4 18	4 45	6 45	5 01	5 12
12	S.		♉	7 28	4 18	5 31	6 46	5 01	5 59
13	M.		♊	7 28	4 18	6 21	6 46	5 01	6 50
14	Tu.		♊	7 29	4 18	7 16	6 47	5 01	7 42
15	W.		♋	7 30	4 19	8 13	6 48	5 01	8 36
16	Th.		♋	7 31	4 19	9 12	6 49	5 02	9 31
17	Fri.		♌	7 32	4 19	10 11	6 49	5 02	10 26
18	Sat.		♌	7 32	4 19	11 11	6 50	5 02	11 20
19	S.		♍	7 33	4 20	.....	6 50	5 03	.....
20	M.		♍	7 34	4 20	12 11	6 51	5 03	12 15
21	Tu.		♍	7 35	4 21	1 14	6 52	5 04	1 11
22	W.		♍	7 35	4 21	2 17	6 52	5 05	2 09
23	Th.		♎	7 35	4 21	3 23	6 52	5 05	3 09
24	Fri.		♎	7 36	4 22	4 31	6 53	5 06	4 12
25	Sat.		♏	7 36	4 22	5 41	6 53	5 06	5 17
26	S.		♏	7 37	4 23	sets	6 54	5 07	sets
27	M.		♐	7 37	4 24	5 19	6 54	5 07	5 59
28	Tu.		♐	7 37	4 25	6 27	6 54	5 07	7 04
29	W.		♑	7 38	4 25	7 40	6 55	5 08	8 11
30	Th.		♑	7 38	4 26	8 55	6 55	5 09	9 18
31	Fri.		♒	7 39	4 27	10 09	6 56	5 10	10 24

First Quar. 4th, 6:03 AM ☾ Last Quar. 19th, 3:03 PM
Full Moon 11th, 11:24 AM ● New Moon 26th, 10:50 PM

Interesting Facts About Almanacs

The almanac is very old. It gave information to the ancients. American colonists almost memorized their almanacs to whom they were magazines of facts, superstition and wit. Today the almanac is a reference book of days, weeks and seasons.

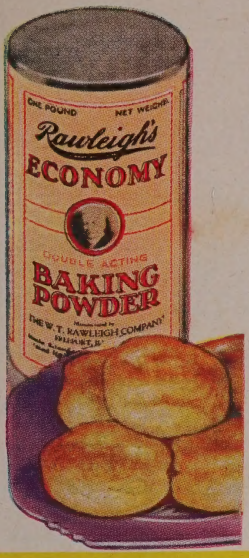
The first printed almanac was at Vienna in 1460. The first American almanac was published in 1639. The most famous is Poor Richard's Almanac, published by Ben. Franklin.

Old New England almanacs contained stories, anecdotes, also superstition and queer folk lore and later a wide range of information.

The American Nautical Almanac issued by the U. S. Naval Observatory in international agreement with other government observatories contains the basic astronomical calculations and tables which are the authority for the data in this almanac.

The North Star

The North Star is not always the star indicating the north pole. It is not the star but the pole of the earth that is changeable. The pole moves. At the present time the pole is over one degree of the compass away from the pole star in the direction of the Great Dipper, and approaching nearer the star. In 200 years it will be less than ½ degree away. Then it will move away until the star will be useless as a guide to the pole. Other stars can be used. One Alpha Draconis was a pole star 4600 years ago. About 11500 years from now Vega will be the pole star, then in 21000 years the pole will move back to Alpha Draconis and in 25800 years our present North Star will again indicate the pole. The earth wobbles.



Fancy Breads and Rolls

DELICIOUS-

EASY TO MAKE-

Try these new tested recipes!

Cinnamon Rolls

Flour .....2 cups
Rawleigh's Baking Powder ....4 tsp.
Salt .....½ tsp. **Sugar** ....2 tbsp.
Shortening .....4 tbsp.
Egg .....1 **Milk** .....½ cup

Method: Sift flour before measuring, add salt and baking powder and sift again. Cut in shortening with dough blender. Add milk and slightly beaten egg small amount at a time, handle lightly and when dough is formed roll out on floured board to ⅛" thickness. Spread with 1 tbsp. softened butter, sprinkle with 2 tbsp. brown sugar and ½ tsp. Rawleigh's Cinnamon. Roll tightly, beginning at the edge nearest you, as you would for a jelly roll. Cut in 2" pieces and place in a heavy pan which has previously been spread with a creamed mixture of 2 tbsp. butter and 2 tbsp. brown sugar. Bake at 375° F. 20 minutes.

Nut and Raisin Rolls

Follow recipe and directions for cinnamon rolls. When rolled out to ⅛" thickness spread with 2 tbsp. granulated sugar, 2 tbsp. chopped seedless raisins and 2 tbsp. chopped nuts. Roll as for cinnamon roll, place on greased pan and bake at 450° F. 15 minutes. When ready to serve, cut in individual portions.

Cherry and Almond Ring

Rawleigh's Baking Powder..2½ tsp.
Cinnamon .....1 tsp.
Flour..2½ cups **Egg** 1
Salt .....1 tsp. **Milk** ....2/3 cup
Butter ..5 tbsp. **Sugar** ....2 tbsp.
Blanched almonds, shredded and cut cherries (candied or maraschino) .....½ cup

Method: Sift flour once, measure, add baking powder and salt and sift again. Cut in shortening. Combine slightly beaten egg and milk. Add to flour gradually until soft dough is formed. Roll 1/3 inch thick, dot with additional butter, sprinkle with sugar, cinnamon, almonds and cherries. Roll lengthwise and place in a circle on greased baking sheet. With scissors cut ¾ inch slices almost through. Turn each slice partly on its side pointing away from center. Place a whole cherry in every other one. Bake at 450° F. 25 minutes.

Baking Powder Biscuits

Flour .....2 cups
Rawleigh's Baking Powder ....4 tsp.
Shortening .....4 tbsp.
Salt .....½ tsp. **Milk** .....¾ cup

Method: Sift flour before measuring, add salt and baking powder and sift again. Cut in shortening with dough blender. Add milk a small amount at a time, handle lightly and when a dough is formed place on floured board and roll or pat out to any desired thickness. Bake 450° F. for 12 to 15 minutes.

Baking Powder Biscuit Variations

Cheese Biscuits. Add ½ cup grated cheese to above recipe and blend in with the shortening.

Orange Biscuits. Dip sugar cubes in orange juice, moistening thoroughly. Place one on top of each baking powder biscuit before baking. Sprinkle with grated orange rind.

Peanut Butter Biscuits. Add ¼ cup peanut butter and 2 tbsp. sugar as you would the shortening in the basic recipe.

Fruit or Nut Biscuits. Add ½ cup currants, raisins, chopped figs, preserved ginger, candied cherries, dates, or nut meats to basic recipe before adding milk.

Individual Coffee Cake

Prepare dough as for cinnamon rolls. Divide into 6 portions and roll each piece until it is long and pencil-like. Spread with softened butter, cut each roll in half, cross in the center and twist together to form a crescent. Cover with chopped coconut and bake at 450° F. 10 minutes. When removed from the oven and while still hot, pour over each roll a thin icing made of powdered sugar and hot water.

Nut-Orange Bread

All-purpose flour .....2 cups
Rawleigh's Baking Powder ....2 tsp.
Orange peel, finely chopped .....½ cup
Nuts, chopped .....½ cup
Sugar ....¾ cup **Salt** .....1 tsp.
Eggs .....2 **Milk** .....¾ cup

Method: Beat eggs, add sugar, mix flour, salt and baking powder and add alternately with milk to first mixture. Add nuts and orange peel. Turn into greased pan and let stand 15 minutes. Bake at 350° F. for one hour.

Muffins ARE GOOD FOR ANY MEAL!

The Secret of good muffins is to combine liquid and dry ingredients just enough to moisten evenly and bake in a hot oven. Add fruit and nuts to increase their appeal and nutritious value.

Apricot Tea Muffins

Dried apricot halves 12
Brown sugar ..... 1/4 cup
Butter ..... 2 tbsp.
Shortening ..... 4 tbsp.
Granulated sugar ..... 1/4 cup
Eggs ..... 2 Milk .... 2/3 cup
Flour ..... 2 cups
Rawleigh's Baking Powder .... 4 tsp.
Salt ..... 1/2 tsp.

Method: Soak apricots in cold water several hours. Drain and put one in each greased muffin pan, hollow side up. Cover each with 1 teaspoonful brown sugar and dot with butter.

Cream shortening and sugar together. Add eggs, one at a time beating vigorously. Add milk. Mix and sift flour, baking powder and salt. Stir into first mixture. Drop by spoonfuls on apricots. Bake at 400° F. 20 minutes. Serve hot.

Apple Muffins

Flour ..... 2 cups
Rawleigh's Baking Powder .... 4 tsp.
Salt ..... 3/4 tsp.
Rawleigh's Cinnamon ..... 3/4 tsp.
Rawleigh's Nutmeg ..... 1/4 tsp.
Sugar .... 6 tbsp. Egg 1
Melted shortening ..... 1/3 cup
Milk ..... 1 cup
Chopped apple ..... 3/4 cup

Method: Sift flour, measure, add baking powder, salt, 1/2 tsp. cinnamon, nutmeg and 4 tbsp. sugar. Beat egg, add shortening and milk, mix well. Add liquid ingredients to dry mixing only enough to moisten evenly. Fold in chopped apples. Fill greased muffin tins about 2/3 full. Place an apple wedge on top of each if desired. Combine remaining 1/4 tsp. cinnamon and 2 tbsp. sugar. Sprinkle on muffin batter. Bake at 400° F. 25 minutes. Makes 16 small muffins.

Fresh Corn Muffins

Egg ..... 1 Milk ..... 1/2 cup
Fresh corn pulp ..... 1 cup
Melted fat ..... 1 tbsp.
Cornmeal ..... 1/2 cup
Flour, sifted ..... 1/2 cup
Rawleigh's Baking Powder .... 2 tsp.
Salt ..... 3/4 tsp.

Method: Combine liquids, including uncooked corn, grated off cob. Add dry ingredients, mix just enough to moisten. Bake in greased muffin tins at 425° F. 25 minutes.

Oatmeal Muffins

Oatmeal ..... 1/2 cup
Sour milk ..... 1 cup
Flour ..... 1 cup
Rawleigh's Baking Powder .... 2 tsp.
Sugar ..... 1 tsp.
Baking soda ..... 1/2 tsp.
Water ..... 1 tbsp.
Butter, melted ..... 2 tbsp.
Salt ..... 3/4 tsp.

Method: Soak oatmeal over night in sour milk. In morning sift flour with baking powder, salt and sugar. Stir into sour milk and oatmeal. Dissolve baking soda in water and stir into the whole. Lastly add melted butter. Stir all well for a minute or two. Bake in well-greased muffin pans. This makes 12 large muffins.

Caramel Cinnamon Muffins

Butter ..... 7 tsp.
Brown sugar firmly packed ..... 1/4 cup plus 14 tsp.
Cake flour, sifted ..... 2 cups
Rawleigh's Baking Powder .... 1 tbsp.
Salt ..... 1/2 tsp.
Rawleigh's Cinnamon ..... 1 tsp.
Egg ..... 1 Milk ..... 1 cup
Melted shortening ..... 2 tbsp.

Method: Grease 14 muffin tins 2 1/2" in diameter and in each place 1/2 tsp. of butter and 1 tsp. brown sugar. Combine flour, baking powder, salt and cinnamon and sift together 3 times. Beat egg, add milk and shortening. Then add remaining 1/4 cup brown sugar. Add to sifted dry ingredients all at once and stir quickly, until dry and liquid ingredients are just mixed and have a lumpy appearance. This will take 10-20 seconds of stirring. Then quickly pour into prepared muffin pans, filling each about 2/3 full. Bake at 425° F. for 20 minutes or until golden brown. Makes 14 muffins.

Coffee Cake Muffins

Shortening ..... 1 1/2 tbsp.
Granulated sugar ..... 1/2 cup
Egg yolks 2
Flour ..... 1 2/3 cups
Rawleigh's Nutmeg ..... 1/2 tsp.
Rawleigh's Baking Powder .... 2 tsp.
Salt ..... 1/2 tsp. Milk .... 2/3 cup
Flour ..... 3/4 cup
Brown sugar ..... 1/2 cup
Rawleigh's Cinnamon ..... 1/4 tsp.
Melted butter ..... 1/3 cup

Method: Cream shortening and granulated sugar. Beat egg yolks and add. Mix and sift the 1 2/3 cup flour, nutmeg, salt and baking powder. Add alternately with milk to first mixture. Pour into greased muffin tins. Combine the 3/4 cup flour, brown sugar, cinnamon and melted shortening. Mix until crumbly. Sprinkle crumbs on top of muffin batter. Bake at 400° F. 20 minutes. Serve hot. Makes 18 muffins.

Raspberry Dainties

Flour ..... 2 cups Sugar .... 2 tbsp.
Eggs 2
Rawleigh's Baking Powder .... 3 tsp.
Salt ..... 1/2 tsp. Milk ..... 1 cup
Melted shortening ..... 2 tbsp.
Raspberry jam

Method: Sift together flour, salt, baking powder and sugar. Add eggs, milk, melted and cooled shortening to make stiff batter; mix together well. Half fill muffin tins and bake in moderate oven 18-20 minutes. Add to top of each muffin 4 tsp. raspberry jam just before baking. This makes 14 muffins.

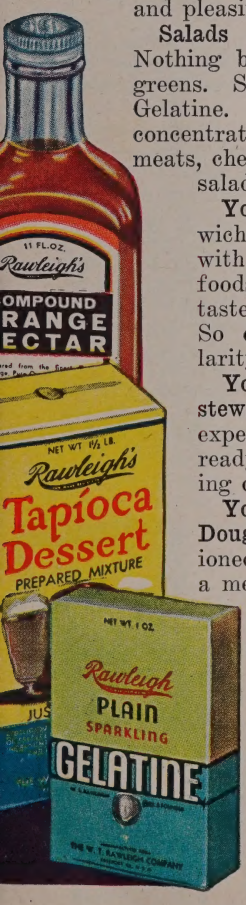
TASTY, NOURISHING FOODS *Your Family Will Enjoy*

NOTHING is more important to you and your family than nourishing food tastily and properly prepared. This is necessary to keep men and women strong and vigorous for the daily work. Children must have suitable food for proper growth, health and vitality.

There is no shortage of nourishing foods, no need for profiteering or hoarding, but good reasons for careful selection and use.

You thrifty wives and mothers should know that there are no restrictions upon your resourcefulness in preparing wholesome and delicious food. You know everyone craves and enjoys foods that are wholesome and different. You can plan for variety, flavor and balanced nutrition.

Your meals can be less a problem if you frequently use Rawleigh Food Products for variety. Busy women like their convenience and pleasing results.



Salads are refreshing health foods. Nothing better than vegetables, fruits, greens. Serve them as tastier dishes in Gelatine. It is unsweetened, unflavored, concentrated — suitable for combining meats, cheese, vegetables, left-overs into salads, or fruits into desserts.

You can add zest to meats, sandwiches, salads, baked beans, etc., with Prepared Mustard. It makes foods more appetizing—tickles the taste for more—helps digestion. So different, superior, its popularity grows.

You add tasty flavor to soups, stews or salads, without bother or expense getting fresh vegetables ready by using our Onion Seasoning or Celery Salt.

You will relish Gingerbread or Doughnuts — good and old-fashioned kind. How they help make a meal or lunch! Make them the new, easy way with our Gingerbread Mix or Doughnut Mix. Everything ready—stir up with milk or water—bake as usual.

From Pacific Islands

You will enjoy our tasty, nutritious Tapioca Dessert. It is a highly nourishing food. It is a vegetable product of Java, Malaya and other tropical countries, where it is highly popular as a food. We use only the very best obtainable. You make it with only 8 minutes cooking with milk. For pleasing variety and added food value, try adding coconut, raisins, cocoa or Malted Milk Mixture.

You can make delicious and wholesome pies with Coconut Pie Filler; attractive and tasty cakes, cookies and confections with Shredded Coconut. Your family and friends will enjoy the refreshment and satisfaction of lemon pies or puddings. You can make them easily and quickly with our Lemon Dessert. For variety, try our Chocolate and Butterscotch.

Most people like Cocoa in cakes, pies, ice cream, candy, drinks. It's the popular flavor, delicious, easily digested, nutritious. Rawleigh's is a pure, high-grade breakfast cocoa for drinking, baking and cooking. Use it often.

Make your own Chocolate Malted Milk. A drink that builds you up. Splendid for children — good for everybody. If children tire of milk, or you wish to serve a more popular drink, make it delicious with Malted Milk Mixture. It almost doubles the food value and adds energy-building barley malt and chocolate flavor.

A cool, refreshing drink of Rawleigh's Orange Nectar hits the spot when you are hot and thirsty. You will like Lemon, Lime, Cherry and Grape too. No bother or muss, only Nectar, water and sugar or other sweetener. Costs less than fresh fruits, nutritious and healthful.

You can be the mother supreme to your family, the enviable hostess to your friends, by frequently serving them with these deliciously satisfying foods and drinks.

See page 28 for tested new recipes.

STRETCHING THE MEAT DOLLAR!

How to Cook the Thriftier Meat Cuts

Economical cuts of meat may be had for roasting, broiling, braising or stewing. If you want an economical roast find out from your butcher which of the following is the cheapest. All will make a good roast:

Beef loaf
6th and 7th ribs
Short ribs of beef
Veal round
Sirloin veal roast
Veal rump
Veal shoulder
Veal breast
Veal loaf
Lamb shoulder
Lamb breast
Lamb loaf
Pork loin ends
Spareribs
Pork backbone
Boston butt
Smoked ham butt
Smoked whole ham
Smoked ham shank

If you prefer to broil or panbroil use the most economical of the following:

Ground beef patties
Pin bone sirloin beef steaks
Club steaks
Sirloin lamb chops
Shoulder lamb chops
Stuffed lamb breast chops
Lamb patties
Lamb's liver
Kidneys
Smoked ham butt slices
Bacon
Salt pork

Braising. Is one of the most popular methods to cook meat; is especially suitable for pork because it is easier to cook it well done and have it palatable. Braising not only gives a more palatable product but requires a much shorter time. It is desirable to braise veal because it is lacking in fat, consequently does not broil or pan broil well. To braise, season with salt and pepper, dredge with flour if desired and brown on all sides in hot fat, either lard or the fat which melts out of the meat. Add a small amount of liquid if necessary (no liquid needed for pork chops). If the liquid cooks away add more, but only a very little at a time. The liquid may be water, meat or vegetable stock, sour cream or milk. Cover closely and simmer either on top of the stove or in the oven. Choose from the following for braising:

Blade beef pot-roast
Arm beef pot-roast
Heel or round beef pot-roast
Round steak
Short ribs
Rump pot-roast
Flank steak
Liver (beef and pork)
Beef brisket Beef plate
Veal shoulder steaks
Veal shoulder pot-roasts
Heel of veal round
Veal breast
Veal riblets
Kidney (beef and pork)
Lamb breast
Lamb neck slices
Lamb riblets
Lamb shank
Pork loin end chops
Fresh pork hocks
Spareribs
Hearts (beef, veal, pork, lamb)

Cooking in water. Meats such as corned beef, smoked pork shoulder and ham are especially good cooked in water because of their flavor. Choose from the following either in the whole piece or cut up for stews:

Corned beef brisket
Corned beef plate
Fresh brisket
Fresh plate
Beef flank
Whole smoked ham
Smoked ham butt
Smoked ham shank
Smoked picnic
Fresh ham hocks
Spareribs
Lamb breast
Lamb neck and shoulder
Veal breast
Veal shoulder
Tongue (beef, veal, pork)
Oxtails
Heart (beef, pork, lamb, veal)
Kidneys (beef, pork)

Thrifty Pointers

(1) Pour off the fat from baked ham or other smoked cuts before spreading with sugar and putting back in the oven to glaze. The fat is then in good condition for frying or for shortening such foods as gingerbread and spice cakes.

(2) Bacon fat may be used the same way and is also fine for popping corn instead of butter.

(3) Left-over bacon may be crumbled and added to muffins, griddle cakes, scrambled eggs or fried potatoes.

(4) Ham bones and rinds give flavor and richness to dried pea or lima bean soups or greens of any kind.

(5) Save the broth from fresh beef cooked in water as a basis for soup or to flavor potatoes or other vegetables.

(6) Cook the bones of broiled steak or roast with soup vegetables for an excellent soup.

(7) Grind left-over meat for spaghetti, macaroni or rice dishes.

(8) Use left-over lamb or beef in meat pies. Partially cook vegetables, then place them and cut up meat in baking dish and top with baking powder biscuit crust or with mashed potatoes whipped up with a little hot milk.

(9) Use bread dressings to extend the meat dish. Flavor the dressing with Rawleigh's Celery Salt and Black Pepper.

Thrift in a Skillet

Dried lima beans ..... 1½ cups
Shoulder pork chops 4
Onion ..... 1 **Salt** ..... ½ tsp.
Bay leaf ..... 1 **Water** .. 3 cups
Rawleigh's Pepper ..... ¼ tsp.
Brown sugar ..... 2 tbsp.
Vinegar ..... 2 tbsp.

Method: Soak lima beans over night. Brown 4 chops in hot fat. Place drained beans in skillet, add chops, minced onion, bay leaf, salt, pepper and water. Cover. Simmer 1 hour. Mix brown sugar and vinegar, add to meat and simmer 10 minutes longer.

Casserole of Beef and Rice

Dry rice ..... ½ cup
Canned tomatoes ..... 2 cups
Green pepper ..... ½
Onion (medium sized) 1
Ground beef ..... ¾ pound
Butter ..... ¼ cup
Rawleigh's Pepper ..... dash
Water .. 2 cups **Salt** 1

Method: Sort rice, but do not wash it. Melt butter in frying pan, add dry rice, onion, pepper and chopped meat. Brown thoroughly to a rich golden brown. Add the water and tomatoes. Let simmer slowly in the covered pan about 30 minutes.

Chili Con Carne

Hamburger ..... ¾ pound
Onions, chopped 2
Red beans ..... 1 large can
Tomato juice ..... 1¾ cups
Rawleigh's Pepper ..... ¼ tsp.
Chili powder ..... 1 tbsp.
Fat ..... 2 tbsp. **Salt** ..... ½ tsp.

Method: Cook meat and onions in hot fat for 5 minutes, crumbling with fork. Add remaining ingredients; simmer gently for 15 to 20 minutes.

Lamb Shanks with Vegetables

Shortening ..... 2 tbsp.
Onions ..... 6 (small)
Rawleigh's Pepper ..... ½ tsp.
Lamb shanks .. 6 **Carrots** 6
Lemon ..... 1 **Salt** ..... 2 tsp.
Potatoes ..... 6 **Water**

Method: Brown lamb shanks well on all sides in hot lard. Sprinkle with juice of one lemon, season with salt and pepper and cover with water. Cover tightly and simmer 1 hour. Add whole vegetables. Cook until vegetables are tender. Thicken the liquid for gravy and serve in a separate dish.

Beef Birds with Carrots

Round steak ..... 2 pounds
Bread crumbs ..... 1 cup
Rawleigh's Pepper
Carrots ..... 6 **Butter** .. 3 tbsp.
Egg ..... 1 **Salt**
Milk ..... 1 tbsp. **Water** ..... 1 cup

Method: Have round steak cut thin into pieces suitable for individual servings. Season with salt and pepper. Place a carrot in each piece and roll. Fasten with toothpicks. Add milk to slightly beaten egg. Roll in egg and crumbs, brown. When brown, add 1 cup water and simmer until tender, about 1 hour. Potatoes, tomatoes and onions may be added.

Swedish Meat Balls

Hamburger ..... 1 pound
Raw ground pork ..... ½ pound
Fine bread crumbs ..... 2 tbsp.
Onion, grated ..... 1 large
Rawleigh's Pepper ..... ¼ tsp.
Rawleigh's Red Pepper and Nutmeg
Salt ..... 1½ tsp. **Egg** 1

Method: Put meat through food chopper 3 times using fine blade. Add crumbs and onion, mix very thoroughly with hands; season with salt and pepper. Add dashes of red pepper and nutmeg. Add slightly beaten egg; mix well again and form into small patties. Brown in hot skillet and cook slowly until well done. 6 servings.

Ham Loaf with Horseradish Dressing

Smoked ham, ground ..... ¾ pound
Pork, ground ..... ½ pound
Beef, ground ..... ½ pound
Rawleigh's Celery Salt ..... ½ tsp.
Green pepper, chopped ..... 3 tbsp.
Bread crumbs ..... ¾ cup
Milk ..... ¾ cup
Salt ..... ½ tsp. **Egg** 1

Method: Combine meats, salt, green pepper, bread crumbs, egg and milk. Knead mixture well. Press mixture into a buttered bread pan. Bake in oven 1½ hrs. at 350° F. Serve hot or cold with horseradish dressing.

DRESSING:

Rawleigh's Dry Mustard ..... ¼ tsp.
Bottled horseradish ..... 1½ tbsp.
Vinegar ..... 1 tbsp.
Whipping cream ..... 1 cup
Salt ..... ½ tsp. **Paprika** .. ⅛ tsp.

Method: Combine salt, dry mustard, paprika and vinegar. Just before serving whip cream until it is stiff and then fold in remaining ingredients.

Hamburger Red Hot

Hamburger ..... 1 pound
Onion, minced ..... 2 tbsp.
Salt ..... 2 tsp.
Rawleigh's Pepper ..... ½ tsp.
Soft bread crumbs ..... 1 cup
Milk ..... ¼ cup **Fat** ..... 2 tbsp.

Method: Combine hamburger, onion, salt, pepper and milk and blend thoroughly. Sauté crumbs in hot fat in skillet until lightly browned and combine with meat mixture. Form into 6 patties. Sauté patties in hot skillet until brown on both sides. When meat is done, remove from skillet and pour off fat.

SAUCE:

Rawleigh's Celery Salt ..... ½ tsp.
Hot water ..... ½ cup
Worcestershire Sauce ..... 2 tbsp.
Catsup .. ½ cup **Salt** ..... ½ tsp.

Method: Mix catsup, water, Worcestershire Sauce and salt in skillet and bring to boil. Serve sauce with meat patties.

Swiss Steak

Round Steak, cut 1½ inches thick ..... 2 pounds
Flour ..... ¼ cup **Salt** ..... 1 tsp.
Rawleigh's Pepper ..... ¼ tsp.
Shortening ..... 3 tbsp.
Rawleigh's Dry Mustard ..... 1 tsp.
Onion, chopped ..... 1 tbsp.
Hot water or tomato juice ..... 1½ cups

Method: Cut meat into pieces for serving. Mix flour, salt and pepper and then pound mixture into steak. Melt shortening in frying pan, add meat and brown on both sides. Sprinkle mustard and onion on top of meat and then add water or tomato juice. Cover pan and bake in preheated oven 1¾ hours at 350° F. If desired meat may be covered and cooked over a simmer burner or very low flame about 1½ hours.

Porcupine Meat Balls

Ground beef chuck ..... 1½ pounds
Rice, uncooked ..... ½ cup
Rawleigh's Pepper ..... ¼ tsp.
Onion, grated ..... 1 tbsp.
Condensed tomato soup ..... 1 can
Salt ..... 1 tsp. **Water**

Method: Combine meat, rice, seasonings and onion; shape into small balls. Mix soup with equal quantity of water; heat to boiling point. Drop in meat balls. Cover and cook over simmer gas flame 1 hour. Yield, 6 servings.

You'll like these NEW CAKE RECIPES

tested by the Rawleigh Dietitian

Red Devil's Food Cake

Water ..1/2 cup
Soda ..1 1/2 tsp.
Rawleigh's Cocoa ..1/2 cup
Sour milk ..3/4 cup
Shortening ..2/3 cup
Sugar ..1 3/4 cup
Pastry flour ..2 1/2 cups
Rawleigh's Vanilla ..1 tsp.
Eggs ..2

Method: Mix water, soda and cocoa together and allow to stand while mixing other ingredients. Cream butter and sugar, add eggs and mix well. Sift dry ingredients together and add alternately with sour milk. Lastly, add cocoa mixture and vanilla. Bake in loaf pan at 350° F. for 45 minutes.

Graham-Nut Cake

Sugar ..1 cup
Eggs ..3
Shortening ..1/2 cup
Graham crackers ..28
Rawleigh's Baking Powder 1 1/2 tsp.
Rawleigh's Vanilla ..1 tsp.
Chopped nuts ..1 cup
Milk ..1/2 cup
Salt ..1/4 tsp.

Method: Cream together sugar and shortening until fluffy. Add beaten egg yolks, milk and salt, stirring vigorously. Mix together crackers which have been rolled finely and baking powder, stirring this into sugar-shortening mixture. Fold in vanilla, nuts and stiffly beaten egg whites. Turn into two greased layer pans and bake at 375° F. for 20 to 25 minutes. When layers are baked and cooled spread between them sweetened and flavored whipped cream. Top with more cream and sprinkle nuts over all.

Prune Cup Cakes

Butter ..1/2 cup
Brown sugar (firmly packed) 1 cup
Rawleigh's Vanilla ..1 tsp.
Prunes (cooked) ..1 cup
Flour (sifted) ..1 1/2 cups
Rawleigh's Baking Powder 1 1/2 tsp.
Rawleigh's Cinnamon ..1 tsp.
Rawleigh's Cloves ..1/4 tsp.
Eggs ..2
Salt ..1/2 tsp.
Milk ..1/2 cup
Nuts ..1/2 cup

Method: Cream butter and sugar together; add vanilla. Add eggs one at a time, beating thoroughly. Fold in pitted prunes. Add mixed and sifted dry ingredients alternately with milk to creamed mixture. Fold in nuts. Half fill greased cup cake pans. Bake at 375° F., for 20 to 25 minutes.

Little Apple Cakes

Lard ..1/2 cup
Sugar ..1 cup
Egg ..1
Rawleigh's Baking Powder ..2 tsp.
Coffee (cold) ..1/2 cup
Rawleigh's Cinnamon ..1/2 tsp.
Rawleigh's Cloves ..1/2 tsp.
Rawleigh's Allspice ..1/2 tsp.
Rawleigh's Nutmeg ..1/2 tsp.
Nut meats ..1/2 cup
Dates (chopped) ..1/2 cup
Rawleigh's Vanilla ..1 tsp.
Apples (fresh, chopped) ..1 cup
Flour ..2 cups
Soda ..1/4 tsp.
Salt ..1 tsp.

Method: Cream lard, sugar and salt. Add egg and beat well. Sift dry ingredients and mix with nuts, dates and apples. Add alternately to the first mixture with coffee and vanilla. Bake in muffin pans 375° F. for 25 to 30 minutes.

Glazed Apple Ring

Sugar ..1 cup
Eggs ..2
Butter ..1 cup
Brown sugar ..1 cup
Flour (sifted) ..1 1/2 cups
Rawleigh's Baking Powder 1 1/2 tsp.
Apples (pared and sliced) ..4
Rawleigh's Vanilla ..1 tsp.
Salt ..1/2 tsp.
Milk ..1/2 cup

Method: Melt half the butter in a skillet; add brown sugar and apple slices; simmer 10 to 15 minutes, or until tender. Turn frequently to prevent burning. Cream remaining butter with granulated sugar; add vanilla, then add eggs one at a time, beating thoroughly until fluffy. Add sifted dry ingredients alternately with milk in small amounts. Pour candied apples and syrup into greased ring mold (10 inch) or tube pan. Add cake batter. Bake at 375° about 40 minutes. Turn out onto large round plate; serve hot with butterscotch sauce. Serves 8.

Velvet Spice Cake

Sugar ..1 1/2 cups
Rawleigh's Baking Powder ..1 tsp.
Rawleigh's Cinnamon ..1 tsp.
Rawleigh's Nutmeg ..1 tsp.
Rawleigh's Cloves ..1/2 tsp.
Sour milk ..1 cup
Cake flour ..2 cups
Soda ..1 tsp.
Butter ..3/4 cup
Eggs ..3
Salt ..1/2 tsp.

Method: Sift sugar. In separate bowl place baking powder and butter. Beat butter until soft. Add sifted sugar gradually. Blend these ingredients until very light and creamy. Sift flour before measuring. Resift twice with soda, cinnamon, salt, nutmeg and cloves. Add sifted ingredients to butter mixture in 3 parts, alternately with sour milk. Beat after each addition. In separate bowls beat egg yolks until light and egg whites until stiff but not dry. Fold egg yolks into egg whites and fold eggs lightly into cake batter. Bake in greased 9-inch tube pan at 350° F.

Tri-Layer White Cake

Shortening ..3/4 cup
Rawleigh's Vanilla ..1 tsp.
Salt ..3/4 tsp.
Cake flour (sifted) ..3 cups
Rawleigh's Baking Powder ..3 tsp.
Milk ..1/2 cup
Egg whites ..6
Sugar ..2 cups
Water ..1/2 cup

Method: Combine shortening, vanilla and salt. Add sugar gradually and cream until light and fluffy. Sift flour and baking powder together 3 times. Add small amounts of flour to creamed mixture, alternately with combined milk and water beating after each addition until smooth. Beat egg whites until stiff but not dry and fold carefully into mixture until well blended. Pour batter into three 9-inch layer pans, greased. Bake at 350° F. 25 minutes. Ice.

Golden Crown Cake

Butter	¾ cup	Eggs	2
Sugar	1¼ cups	Soda	½ tsp.
Egg yolks	2	Salt	½ tsp.
Cake flour (sifted)	2½ cups		
Rawleigh's Baking Powder	1 tsp.		
Pineapple juice	2/3 cup		
Rawleigh's Vanilla	½ tsp.		

Method: Cream butter, add sugar gradually, cream until light and fluffy. Add egg yolks and eggs, one or two at a time, beat after each addition and until mixture is fluffy. Add sifted dry ingredients alternately with pineapple juice and vanilla. Bake in a ring, fill mold only half full and bake in a moderate oven 350° F. 35-40 minutes. If baked in greased cup cake or sheet cake pans or paper baking cups, bake at 350° F. 20 to 25 minutes. When cool, ice.

Sour Cream Cake

Eggs	3	Sugar	1½ cups
Cake flour	2½ cups		
or all-purpose flour	2¼ cups		
Rawleigh's Baking Powder	1½ tsp.		
Salt	½ tsp.	Soda	¾ tsp.
Sour cream	1½ cups		
Rawleigh's Vanilla	1 tsp.		
Rawleigh's Lemon Extract	¼ tsp.		

Method: Beat eggs until light and lemon colored. Add sugar and beat thoroughly. Sift flour once before measuring. Sift flour, baking powder, salt and soda together. Add to the egg mixture alternately with the sour cream, mixing with a slow beating and folding motion. Add flavoring. Pour into well greased and floured pan and bake 45 minutes at 350° F.

CHOCOLATE VARIATION

Leave out ¼ cup of flour, add 2 squares of melted chocolate to the batter at the last and omit the lemon extract.

The Rawleigh Dietitian Suggests
SOME NEW FLAVORING COMBINATIONS

Flavor Cake with Rawleigh's	Flavor Frosting with Rawleigh's
½ tsp. Black Walnut	⅛ tsp. each, Lemon and Orange; or ⅛ to ¼ tsp. Maple; or ¼ tsp. Orange; or ¼ tsp. Lemon
¾ tsp. Orange	½ tsp. Vanilla and ¼ tsp. Almond; or ¼ tsp. Lemon and 6 to 8 drops Peppermint Extract; or ½ tsp. Vanilla and ⅛ to ¼ tsp. Black Walnut
¾ tsp. Lemon	¼ tsp. Orange and 6 to 8 drops Peppermint Extract; or ¼ tsp. Almond; or ¼ tsp. Orange
½ tsp. Maple	⅛ to ¼ tsp. Black Walnut and ½ tsp. Vanilla; or ¼ tsp. Orange
1 tsp. Vanilla	¼ tsp. Lemon and ⅛ tsp. Almond; or ¼ tsp. Orange and ⅛ tsp. Almond; or ⅛ to ¼ tsp. Black Walnut and ½ tsp. Vanilla; or ⅛ to ¼ tsp. Maple
½ tsp. each Almond and Orange	6 to 8 drops Peppermint; or ¼ tsp. Lemon
½ tsp. each Almond and Vanilla	¼ tsp. Orange; or ¼ tsp. Lemon
½ tsp. each Almond and Lemon	¼ tsp. Orange
½ tsp. each Orange and Lemon	¼ tsp. Almond; or 6 to 8 drops Peppermint; or ⅛ to ¼ tsp. Black Walnut

New Ways to Serve

1. Bake gingerbread according to directions on package and cover with Hi-Hat Topping.

Hi-Hat Topping. Quarter 16 marshmallows; pour over them ½ pint heavy cream; chill in refrigerator 6 hours. Beat until fluffy; spread over gingerbread while warm.

2. Bake gingerbread in greased muffin pans, split while hot and spread with Cheese-Date Topping.

Cheese-Date Topping. Combine 1 cup of cottage cheese, 1 cup dates, ½ cup chopped nutmeats and ½ teaspoon salt. Blend with enough cream to soften.

3. Bake gingerbread as directed on package and cool in pan. Spread with Lemon Frosting.

Lemon Frosting. Combine 1¾ cup confectioner's sugar with ¼ cup melted butter, ¼ cup lemon juice, 1 tablespoon cream and ⅛ teaspoon lemon rind; beat until smooth. Add an additional 1¾ cup Confectioner's sugar; beat to a spreading consistency.

4. Bake gingerbread in 2 greased 8-inch round pans. For buffet service or on company days serve with a Banana-Apricot Glace.

Banana-Apricot Glace. Combine 2½ cups cooked dried apricots and juice with 1 cup sugar. Cook until of jam consistency. Cool. Spread apricot glace between layers of gingerbread. Cover outer edge with sliced bananas. Cover top layer with glace and garnish with bananas.

TWO FAVORITE DESSERTS

Apple Gingerbread

Water ..... ½ cup
Corn syrup ..... ½ cup
Sugar ..... ½ cup
Apples 5
Cinnamon ..... Dash
Rawleigh's Gingerbread Mix ..... 1 pkg.

Method: Bring sugar, syrup and water to boil, add apples (cut in eighths) and cook gently until nearly transparent; cool. Mix Gingerbread, pour batter into greased pan and bake 30 minutes at 350° F. To serve arrange apple slices on top of gingerbread, brush with melted butter and sprinkle with cinnamon. Serve plain or with whipped cream.

Rawleigh's Gingerbread Cobbler

Apples 4
Rawleigh's Lemon Nectar ..... 1 tbsp.
Brown sugar ..... ⅜ cup
Rawleigh's Gingerbread Mix ..... 1 pkg.

Method: Core, pare and slice apples. Mix sugar and apples and place in a buttered baking dish. Sprinkle with Lemon Nectar, and bake at 350° F. while batter is being mixed. Pour batter over hot apples, replace in oven and bake 30 minutes at 350° F., or until cake shrinks from sides of pan. Serve plain or with whipped cream.

Surprise Shortcake

Split doughnuts; lay drained canned slices peaches (or other fruit) between each two halves. Frost entirely with whipped cream; leaving hole. Decorate with maraschino cherry or coconut.

Orange Refrigerator Cake

Line sides of mold with split doughnuts. Fill with orange-flavored Rawleigh Gelatine according to directions on package, adding 2 tablespoons sugar, 1 tablespoon lemon juice. Chill until it begins to set, then place over ice water and beat until light and foamy but stiff enough to hold shape. Fold in 2/3 cup orange sections. Pour into mold; chill. Unmold, decorate with split doughnut, orange sections and whipped cream. Good with other flavors too.

Winter Specialty

Split doughnuts and toast; put liberal serving of hot mincemeat between each two halves. Serve with hard sauce.

Toasted Doughnut Rings

Have you ever tried Toasted Doughnut Rings? It's a good way to use day-old doughnuts. Simply cut them in half and toast in broiler or toaster. They taste like freshly made doughnuts.

Doughnut Sandwiches

Slice small doughnuts through the center, spread generously with cream cheese and decorate with chopped dates and nuts. Put together sandwich fashion and serve with whipped cream, if desired, to use for a dessert.

10 *New Delicious* LEFT-OVER DISHES

Vegetable and Meat Pie

Cooked meat ..... 1½ cups
Worcestershire sauce ..... 1 tsp.
Biscuit or pie dough
Peas, cooked ..... 1 cup
Carrots, cooked ..... 1 cup
Onions ..... 2 medium
Rawleigh's Pepper
Water ..2 cups **Flour** ....2 tbsp.
Butter ..2 tbsp. **Salt, Paprika**

Method: Grind, dice or chop meat. Melt fat and fry onions until soft and golden brown. Add flour. Stir until smooth and mixture bubbles. Add water and cook until it thickens; add Worcestershire Sauce and seasoning, meat and cooked vegetables. Heat through and pour into greased casserole. Cover with biscuit dough cut with doughnut cutter. Bake at 425° for 25 minutes.

Baked Bean Croquettes

Baked beans ..... 2 cups
Onion (minced) 1
Salt ..... 1 tsp.
Cracker crumbs, sifted
Rawleigh's Pepper ..... ¼ tsp.
Egg ..... 1 **Water** ..2 tbsp.

Method: Mash beans with fork, add onion, salt and pepper and shape into croquettes. Mix egg and water. Roll croquettes in crumbs, then in egg, in crumbs again and fry in deep fat (375° F.) until browned. Drain. Serves 4.

Butterscotch Rice Gelatine

Cooked rice ..... 1½ cups
Rawleigh's Gelatine ..... 1 tbsp.
Cold water ..... ¼ cup
Brown sugar ..... 1 cup
Butter ..... 2 tbsp.
Whipping cream ..... 1 cup

Method: Soak gelatine in cold water 5 minutes. Dissolve by holding over hot water. Cook brown sugar and butter together until sugar is melted. Add to cooked rice, mixing well. Add dissolved gelatine to rice mixture and allow to cool. When beginning to thicken stir in whipped cream. Chill and serve.

Ham and Noodle Timbals

Noodles ..... 1 package
Ham (chopped, cooked) ....2 cups
Eggs ..... 2 **Milk** ..1½ cups
Rawleigh's Pepper ..... ⅛ tsp.
Rawleigh's Dry Mustard ..... ⅛ tsp.

Method: Cook noodles; drain; combine with ham. Beat eggs; add to milk; stir in seasonings and combine with ham mixture. Pour into greased timbal molds and set cups in pan of hot water. Bake in moderate oven ½ hour; turn out of molds and serve with tomato sauce.

Oatmeal Prune Whip

Egg white 1
Prunes (cooked, pitted) ..1½ cups
Oatmeal (cooked) ..... 1 cup
Whipping cream ..... ¼ cup
Rawleigh's Cinnamon ..... ¼ tsp.
Sugar ....3 tbsp. **Dash salt**

Method: Sieve cooked prunes. Add cooked and cooled oatmeal, cinnamon, salt and half the sugar. Beat egg white stiff and gradually beat in remaining sugar. Whip cream. Fold into prune mixture, then fold in beaten egg white. Chill. Serve with cream.

Irish Stew with Dumplings

Meat stock ..... 2½ cups
Cooked lamb, diced ..1½ pounds
Salt ..... 1 tsp. **Sprig Parsley**
Rawleigh's Pepper ..... ¼ tsp.
Onions, sliced 2
Turnip (diced) 1
Carrots (diced) 2
Stalk celery (diced) 1
Potatoes (cubed) ..... 2 cups

Method: Add enough stock to cover meat; season. Add onions, turnip, carrots, celery, parsley and potatoes and cook 35 to 40 minutes. Thicken liquid with flour if necessary and serve stew with dumplings. Serves 6.

Dumplings for Stew

Flour (sifted) ..... 2 cups
Rawleigh's Baking Powder 1¼ tsp.
Milk ..... about 2/3 cup
Salt ..... ¾ tsp. **Butter** ..1 tbsp.

Method: Sift dry ingredients together. Cut in butter. Add milk to make soft dough. Turn onto floured board and roll ½ inch thick. Cut into small squares, drop into hot liquid, cover closely and cook 20 minutes. Makes 12.

Gelatine Berry Whip

Egg whites 2
Berry juice and pulp ..... 1 cup
Rawleigh's Gelatine ..... 1 tbsp.
Cold water ..... ¼ cup
Boiling water ..... ½ cup
Lemon juice ..... 1 tbsp.
Whipping cream ..... ½ cup
Sugar ....½ cup **Salt** ..... ½ tsp.

Method: Soak gelatine and cold water together five minutes. Add boiling water, sugar, berry juice and mashed berries, lemon juice and salt. Cool. When mixture begins to thicken, fold in whipped cream. Fold in egg whites beaten stiff. Pour into mold dipped in cold water. Chill. Note: This sponge may be served plain with whipped cream or in baked pie shell.

Baked Mincemeat Whip

Mincemeat (drained) ..... ¼ cup
Egg whites ....4 **Vinegar** ..1 tsp.
Sugar ....½ cup **Dash salt**

Method: Beat egg whites and salt together until foamy. Slowly add sugar, beating until blended after each addition. Continue beating until whites stand up in peaks. Add vinegar to mincemeat and fold into egg whites. Turn into greased baking dish, set in pan of hot water and bake at 325° 30 minutes. Serve hot or cold with whipped cream or any desired sauce.

Leftover Ham

To 1 cup cooked ham, ground, add 1 cup whole kernel corn. Season with salt, Rawleigh's Pepper, a dash of sugar; moisten with mayonnaise. Spread on thin sheet of biscuit dough in greased square pan. Top with another thin layer of dough. Bake 20 minutes in hot oven, 400 degrees, cut in squares and serve hot with creamed peas or oysters poured over all.

VITAMINS for HEALTH

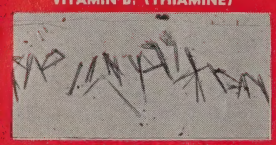
Keep Vitality and Courage Up

IT IS EASY to let health and vigor run down. Keep your family strong and healthy with vitamins.

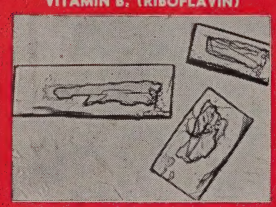
Our government asks for food to win the war and we are sending the best to our boys and allies. We are joined to make every American stronger than ever before, sturdier in body, steadier in nerves, surer in living.

It was significant when vitamins were added to foods to keep up energy and spirits. Now our daily bread contains added vitamins, iron, calcium and phosphate. So we are more familiar with their values.

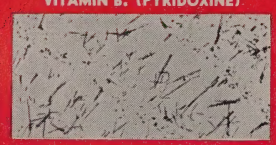
VITAMIN B, (THIAMINE)



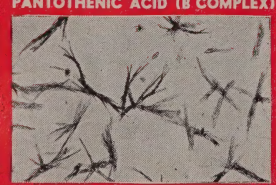
VITAMIN B, (RIBOFLAVIN)



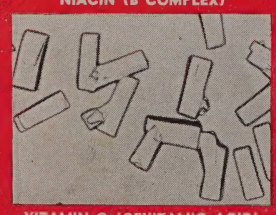
VITAMIN B, (PYRIDOXINE)



PANTOTHENIC ACID (B COMPLEX)



NIACIN (B COMPLEX)



VITAMIN C (CEVITAMIC ACID)

Photo Micrographs, Courtesy Merck & Co.

Information About Vitamins

Research has advanced and vitamins extracted from natural sources or produced chemically are the same. Among recent thrilling discoveries are the B vitamins and their importance. There can't be normal health without them.

Vitamin B_1 (Thiamine) stimulates appetite, aids in use of starches and sugars to produce energy, is necessary for growth and prevents beriberi, a disease characterized by muscular weakness, fatigue, vague pains, loss of appetite and nervous derangement. It has regulative influence on appetite, digestive, eliminative and nervous activities. Its deficiency may cause neuritis, nervous disorders, general weakness.

Vitamin B_2 (Riboflavin) is necessary to normal functioning of body cells, **helps change food to energy** and protects against some nervous disorders and eye disturbances.

Niacin is a preventive of pellagra, a disease marked by skin lesions, nervous and gastro-intestinal disorders.

Pyridoxine (B_6), and Pantothenic Acid are other B vitamins whose exact values are not yet fully established.

Vitamin A is essential to growth, healthy conditions of mucous membranes and resistance to infections especially colds and prevents nutritional night blindness.

Vitamin D is also essential to use of calcium and phosphates in bone and tooth formation and prevention of rickets. It is the vitamin most lacking in ordinary foods and most needed by children in winter.

Why We Need More Vitamins

Health weaknesses due to vitamin deficiencies exist among people even though they believe their diets ample. Dietary surveys by the Dept. of Agriculture show many get diets definitely deficient. For buoyant health, nutritionists recommend liberal daily vitamin intake. Unneeded vitamins are harmlessly eliminated. You should consider vitamins an essential, economical, easily available part of your diet.

Vitamins A and D are convenient and agreeable in Rawleigh's A, D Vitamin Tablets. They are especially desirable for children.

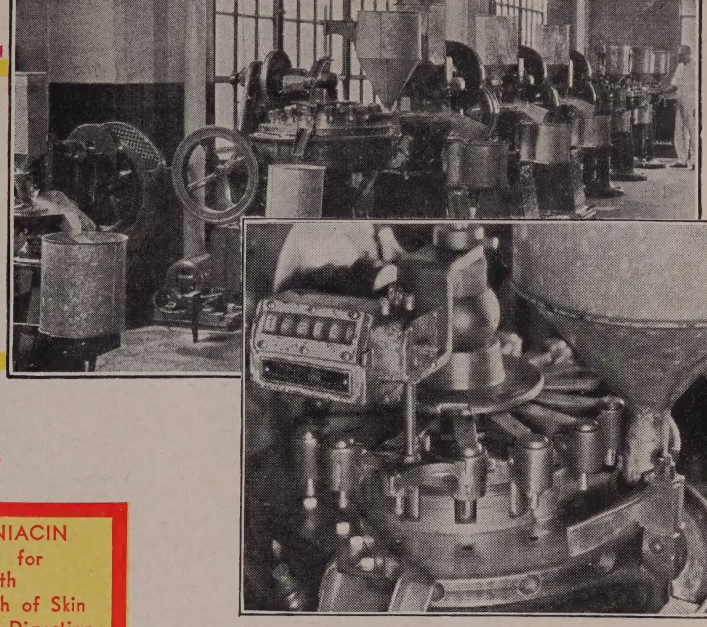
Rawleigh's Vitamins A, B_1, D capsules each contain Vitamins A and D equivalent to 3 teaspoonfuls of cod liver oil, a liberal quantity of B_1 and a smaller quantity of expensive B_2, Riboflavin. They are high quality and give splendid satisfaction.

Our Newest Vitamins, Yeast and Iron Tablets contain Thiamine (B_1) the nerve and energy vitamin that promotes appetite, intestinal activity and growth; Riboflavin (B_2); Pyridoxine (B_6); Pantothenic Acid and Niacin. They are easy to take—you get a lot for your money and we believe you will find them highly satisfactory.

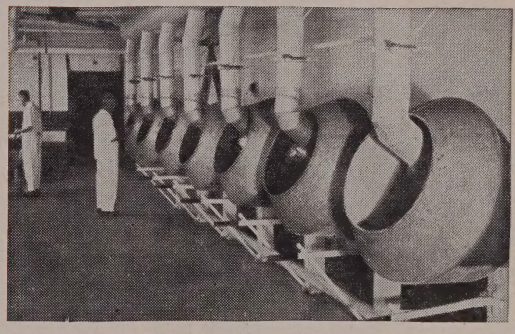
Tablet Manufacturing

At Rawleigh's Freeport Factories

Powdered extracts from roots, barks, leaves, fine chemicals and many other materials thoroughly mixed, pulverized and granulated in drying ovens and then sifted to uniformity are placed in the hoppers of the stamping machines shown at the right. There are seven single, double and triple revolving machines that shape and press the tablets.



A CLOSE-UP VIEW OF A TABLET PRESS showing the r volving punches and molds. This machine automatical presses, shapes or "coins" the tablets at the rate 360,000 per 8 hr. day or 750 per minute.



Some of the revolving kettles in which tablets are coated and then polished and finished. Here 504,000 tablets are coated at one time.

Rawleigh's TRADE MARK REG. U.S. PAT. OFF. VITAMIN CHART

VITAMIN A for Growth Functioning of Eyes Increased Resistance	THIAMINE (B_1) for Growth Functioning of Nerves and Heart Good appetite	NIACIN for Growth Health of Skin Good Digestion Steady Nerves
Rawleigh's Vitamin A & D Tablets	Rawleigh's Yeast & Iron Tablets	Rawleigh's Yeast & Iron Tablets
Rawleigh's Vitamin A, B_1, D Capsules	Vitamin A, B_1, D Capsules	Liver
Liver	Lean pork	Kidneys
Kidneys	Beef	Veal
Egg Yolk	Liver—Kidneys	Pork—Lamb
Cream—Butter	Heart	Beef
Whole Milk	Lamb—Veal	Eggs
Carrots	Milk—Eggs	Fish
Sweet Potatoes	Fish	Beans
Squash	Whole Grain or Enriched Cereals and Bread	Peas
Kale	Soy Beans	Spinach
Spinach	Navy Beans	Kale
Greens	Lima Beans	Collards
Green Cabbage	Peas	Leaf Lettuce
Leaf Lettuce	Potatoes	Green Cabbage
Tomatoes	Peanuts	Whole Grain Cereals and Bread
Snap Beans		Enriched Flour and Cereals
Yellow Cornmeal		

RIBOFLAVIN (B_2) for Growth Healthy Skin Functioning of Eyes and Cells	PYRIDOXINE (B_6) for Growth Health of Skin Functioning of Nerves and Muscles (probable)	PANTOTHENIC ACID for Growth Health of Skin and Hair (probable)	ASCORBIC ACID (C) for Strength of Blood Vessels Strong Bones and Teeth Blood Building	VITAMIN D for Normal Bones and Teeth Utilization of Phosphorus and Calcium	VITAMIN E for Growth Normal Reproduction Functioning of Glands	VITAMIN K for Normal Coagulation of the Blood
Rawleigh's Yeast & Iron Tablets	Rawleigh's Yeast & Iron Tablets	Rawleigh's Yeast & Iron Tablets	Oranges	Rawleigh's Vitamin A & D Tablets	Egg Yolk	Pork Liver Fat
Vitamin A, B_1, D Capsules	Liver—Kidneys	Liver	Grapefruit	Rawleigh's Vitamin A, B_1, D Capsules	Corn Oil	Hemp Seed
Liver	Beef—Veal	Kidneys	Tomatoes—Fresh	Fish Liver Oils	Cottonseed Oil	Soybean Oil
Kidneys	Pork	Beef	Canned	Fat Fish	Whole Grain Cereals and Bread	Rice Bran
Beef	Lamb	Veal	Juice	Liver	Beans	Cereals
Veal	Whole Grain Cereals and Bread	Pork	White Potatoes	Eggs	Peas	Spinach
Pork	Beans—Peas	Lamb	Raw Vegetables	Vitamin D Milk	Spinach and other Leafy Green Vegetables	Kale
Lamb	Bran	Whole Wheat Cereals and Bread	Melons	Irradiated Foods		Collards
Eggs	Wheat Germs		Berries	Sunshine		Green Cabbage
Milk	Milk		Pineapple			Tomatoes

Your LOVELINESS AND ENJOYMENT

Add to Them with These Fine Toiletries

YOU SHOULD WISH to be attractive. That's natural. The loveliness for which women are admired, your own satisfaction, comfort and enjoyment are happy results of your daintiness and care to make the most of natural beauty. You should plan to keep fresh and charming at home, in company, to make everything about you more enjoyable.

To make you admired by everyone and cherished by your own dear ones, well selected toiletries are a delightful help. You'll enjoy them more if you choose those with a record of high quality and charming effect. After tests or experience you'll rely on Rawleigh's fine Toilet Preparations, choose them for your use and keep a good assortment to add to your charm and enjoyment.

You'll Like These Creams

Cleansing, softening, protecting Cold Creams—a fine selection with delightful fragrances for your choosing. You'll enjoy our Cleansing Creams to keep the skin clear, Lemon Cream to soothe effects of exposure or Vanishing Cream as a greaseless, protective day cream or foundation for powder. Our new Deodorant Cream means surer personal daintiness. To make the most of your natural glow of health and beauty, to keep your skin soft and supple and complexion clear, to soothe away chaps and irritations, you'll be delighted with Rawleigh Creams.

To keep your skin soft and fresh you'll want a lotion for hands and face. Rawleigh's Balm refreshens when you clean up after outdoor exercise or work in the kitchen. It's a splendid value too. You may choose Rawleigh's Almond Lotion as a skin freshener, Lemon Lotion for heat irritations, or Ideal Lotion as a bracing, astringent skin freshener. All have delightful fragrance.

The Right Complexion Powder

A dainty, clinging, blending powder that suits your complexion emphasizes your natural charm and is a dainty comfort and protection. You'll enjoy the Rawleigh Powder you select and be confident about its effect with proper use, also Rouge and Lipstick for dainty touch of color to cheeks and smooth, tempting lips. Our soft fragrant Talcs and Toilet Powder are refreshing, too, when your skin is hot or irritated, or after your bath.

You and your family should not be without the niceties and refinements that contribute to personal freshness, happiness and health.

Sound Attractive Teeth

Brighten your smile with teeth kept clean with a Rawleigh Tooth Brush, Dental Cream or Powder and Mouth Wash. Our Brushes are made of durable, natural bristles firmly set in handles of popular shapes and sizes to reach all tooth surfaces. Our Dental Creams help wash away food particles, polish teeth, clean and freshen gums and mouth.

Beautiful Hair

You can keep hair soft, light and naturally beautiful and your scalp clean and refreshed by frequent use of Rawleigh's Coconut Oil Shampoo. It lathers freely and helps to wash away oily secretions, dandruff and dirt. If hair is too dry and fluffy, or stiff and hard to keep combed, a light dressing with Rawleigh's Brilliantine, or Scalp and Hair Lotion should help to keep it well groomed.

MEN on Inspection

Our boys in uniform keep clean-shaven and orderly. Really all men are on inspection and would cheerfully shave oftener with Rawleigh's Shaving Cream. Its thick, smooth lather makes shaving easy and comfortable. It helps the razor to cut clean and leaves the face smooth and refreshed. After shaving men enjoy the bracing, astringent action of Rawleigh's Ideal Lotion. The result pleases wife, daughter or sweetheart.

Toilet
Preparations
OF QUALITY
AND USEFULNESS
for your enjoyment
Rawleigh's
English Lavender
CLEANSING CREAM
Rawleigh's
QUALITY
SHAVING
CREAM
D. JAYNES
COLD CREAM
D. JAYNES
TALC
POUDRE
D. JAYNES
ALMOND LOTION
D. JAYNES
BRILLIANTINE
Rawleigh's
COLD CREAM
Rawleigh's
ANTISEPTIC
Rawleigh's
COCONUT OIL
SHAMPOO
Rawleigh's
BALM

Your Family Will Enjoy

GREATER VARIETY OF HEALTHFUL FOODS
EASIER HOUSEWORK—FEWER INSECTS

With These Home Conveniences

WITH BEST WISHES FOR
YOUR HEALTH AND PROSPERITY

YOUR RAWLEIGH DEALER